

ANNUAL REPORT 2022

INCREASING THE QUALITY OF MEN'S LIVES



Increasing the quality of men's lives

The League of Open Men (LOM) focuses on improving the quality of life for men. Its mission is to promote men's active approach to personal development and health, to responsible partnership and parenthood, to professional self-fulfilment and social engagement, especially in the field of equal opportunities for men and women. LOM offers counselling, courses and outdoor events. It also supports men's quality of life through conducting expert, media and political activities.

LOM draws on direct work with men, its own expert activities, research and examples of good practice in the Czech Republic and abroad.





Our values:

Responsibility, Courage, Originality and Openness

- ▶ Those who are responsible keep their word and engage socially.
- ▶ Those who are courageous assess their options and also expand them.
- ▶ Those who are original can be themselves and create something new.
- ▶ Those who are open-minded, have their own opinion – and yet can engage in a dialogue.

For the sake of men's quality of life:

- ▶ We offer a variety of courses for men and counselling.
- ▶ We acquire and spread information and know-how about men.
- ▶ We develop projects focusing on topics related to men.
- ▶ We both support and develop expert, media and political activities ourselves.

In 2022 LOM also

helped young people leaving children's homes, supported fathers actively caring for their children and men who found it difficult to manage their anger and committed violence in their relationships. This is all thanks to support from public sources, individual and corporate donors and the sale of our own services.

**Thank you to everyone who supported us
and our clients in 2022!**

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Patron programme

PATRON

The *Patron* programme has been implemented by the LOM, Múzy dětem and Atmosféra since 2013. *Patron* supports the ability of young people growing up in foster care between the ages of 16 and 23 to integrate into society. In 2022 the project was funded by grants from the City of Prague, the South Moravian, Olomouc, Plzeň, Central Bohemia and Ústí nad Labem regions, the Czech Ministry of the Interior's grant for the development of volunteering, the Active Citizens Fund, the ČEZ Foundation, the ČEPS Foundation, the Passerinvest Foundation, the Tereza Maxová Foundation, and donations from private individuals and companies.

A total of 25 group supervision sessions were held. In 2022 we have repeated the successful training of existing male and female patrons. This year the focus was on attachment theory and a significant part was devoted to group supervision of male and female patrons, where volunteers

from different parts of the Czech Republic shared experiences and supported each other. We combined the education with the training of new patrons, which proved to be very beneficial in terms of passing on the experience of experienced patrons to newcomers.

Thanks to the funding from the Active Citizens Fund, we were able to continue our cooperation with child welfare authorities in 2022. We send out newsletters to their staff about current events in Patron so that Patron accompaniment remains in their awareness as one of the 'tools' to prepare teens for independent living and as an important support in becoming independent.

We are testing this cooperation in the Central Bohemia and Zlín regions. The *Patron* thus becomes part of the system of preparing adolescents for independence.

161

volunteers

172

Patron pairs

83

accompanied to independent living (60 of whom have secured housing and jobs)

47

children's homes

5

youth detention centres

13

regions (except Karlovy Vary)

In 2022 the team of male and female patrons has grown to include 22 trained volunteers and 16 female volunteers from all over the Czech Republic. There were 14 boys and 12 girls, getting ready to start their independent life, who got a new patron.

In 2022 a total of 55 young men met with their patron and 26 young women met with their female patron. (Some of them had already passed the stage of becoming independent.) The patrons were supervised at all times.

Patron in numbers

	Total	Boys	Girls
Total patron pairs	172	128	44
Went to live independently with the support of a patron	83	69	14
Stable living situation	60	50	10
Broke off contact after leaving	18	15	3
Unstable situation	5	4	1
Success rate of entry into life for boys and girls who had a patron	72 %	72 %	71 %

Of the 172 adolescents who newly got a patron, a total of 83 young adults (69 boys, 14 girls) with a patron left children's homes. For 25 (19 boys, 6 girls) adolescents, patronage did not last until the adolescent left the children's home. Of these, in 10 cases (8 boys, 2 girls) it was due to termination by the patron.

In 2022 we managed to raise CZK 193,530 from individual and corporate donors for the operation of the programme and the care of the individual patron pairs. Thank you! Viasystem SE also supported the Patron programme in 2022. We greatly appreciate this continued support. Jura Czech and the Rotary club were also among the donors.

We are pleased that individual and corporate donors are not indifferent to the fate of young people leaving children's homes, especially at a time when many people and companies have to continually consider all expenditure.

We are also very appreciative of the support from public money through

subsidies from the Central Bohemia, Plzeň, South Moravia, Olomouc regions and the capital city of Prague and also from the Ministry of the Interior of the Czech Republic. All of these institutions and bodies have taken responsibility for young people who are preparing to leave children's homes for independent life.

The year 2022 was also special in that we held a patronage celebration during which we thanked 20 male and female patrons for their support of young adults taking their first steps in independent living and for adding something extra to their patronage.

The project activities can be followed on the www.ipatron.cz website, or on the www.facebook.com/projektpatron Facebook profile, and now also on Instagram.

Patron is registered with the Ministry of the Interior of the Czech Republic as a volunteer programme under the registration number MV-135255-4/OPK-2022.





We would also like to thank the following by name:
Miroslav Graf

Patron cooperates with Charles University to promote a programme supporting the independence of adolescents from children's homes.



Thank you to all Patron supporters!



Therapeutic programme

Anger management

The activities of the *Anger management* programme in 2022 consisted of several concurrent projects, within which we carried out individual and group work with dozens of clients. The project contributed to the primary and secondary prevention of domestic violence, especially through therapeutic work with clients (mainly men) who have difficulty coping with their aggression and anger and commit violence against their partners and children. The content of the project consisted of expanding the professional capacity of the *Anger management* programme, which LOM has been implementing in Prague and the Plzeň region for 7 years.

This programme includes systematic therapeutic, counselling and educational work with perpetrators of violence.

Work with clients is based on an innovative method of 'anger management'. In this method, individual work with clients is intertwined with the implementation of a therapeutic-educational anger management group, which is the most important part of the programme. The Ministry of the Interior of the Czech Republic, the Prague City Hall, the European Social Fund and Norway Grants contributed to the implementation of the therapeutic programme. We have invested resources in the development of a therapy team. The management of the therapeutic programme went on a trip to Tromsø, Norway, where therapists and professional staff gathered new experiences in the field of work with violent persons from Norwegian colleagues.

In June, a conference on therapeutic work with violent persons was held, called Člověče, nezlob se ('Man, don't be angry'). Nearly one hundred listeners attended. There was also a number of professionals present who were involved in therapeutic work with violent persons. The objectives of the conference were

professional discussion on therapeutic work with perpetrators of violence, sharing of experiences, and especially sharing the possibilities of more intensive and effective cooperation between the various participants professionally involved in this topic.

In 2022 165 clients contacted the Anger management programme and 98 started working with us. We conducted four therapy groups with clients, two in Prague, one in Plzeň and one in an online space for clients from all over the Czech Republic. We also started running so-called follow-up groups. These are therapeutic support groups for clients who have already successfully completed the programme but want support in managing their anger and minimising their violent behaviour. The group ran once a month and was a paid service.

Two follow-up groups were implemented in 2022. The therapeutic programme also involved the partners of the clients, where primary contact and mapping were carried out with 22 partners, and professional counselling was provided to 14 partners. The programme also includes evaluation in the form of structured questionnaires.



Campaign against violence



Norway grants

Stop violence! That is the name of the campaign we began creating in 2022 and will be our communication priority in the coming year. Its aim is to raise awareness about therapeutic work with perpetrators of violence in the Czech Republic. The professional and general public can expect thematic articles, media outputs, outdoor advertising, video spots, new research figures and much more.

The campaign is being implemented with the support of the Norway Grants and in cooperation with nine other organisations dedicated to working with violence in our country.

All important information can be found at www.zastavnasili.cz.



Dad's paying off



In 2022 we successfully completed a project that focused on promoting men's active involvement in taking care of children and their living space. The intention of the project was to contribute to reducing gender inequality in childcare (and thus in the labour market). Within the project we worked with 13 large or smaller companies whose HR departments or key employees could benefit from our direct support in the form of workshops, consultations, focus groups, internal surveys, etc.

We have summarised our experience from these collaborations in the *Methodology for supporting active fatherhood in companies*, which is available for download on our www.ilom.cz website.

The project was implemented under the *Employment of the European Social Fund of the Czech Republic operational programme*.



Project registration number
CZ.03.1.51/0.0/0.0/17_081/0011687.

More information at
www.tataweb.cz/pro-firmy.



Family doesn't end with breakup

LOM has partnered to implement the *Family doesn't end with breakup* programme, which focuses on supporting parents who are divorcing or separating, as well as supporting their children. We primarily support parents through education and counselling, providing them with key information and developing their skills in order to increase their ability to constructively resolve conflict situations (especially breakups), and thus eliminate the impact of conflict on children.

Our experience from working with families has been processed into a professional methodology for supporting separating parents, which we have given to experts (OSPOD workers, social workers, judges, etc.) in training sessions designed for them. We plan to continue to work with these professionals to improve the system of services for adults who are separating or divorcing in the interest of children.

In Prague it was a project implemented under the *Employment of the ESF of the Czech Republic operational programme*. Project Reg. No. CZ.03.2.X/0.0/0.0/18_095/0011244.

In the Central Bohemia and South Bohemia regions, it was a project implemented under the *Employment of the ESF of the Czech Republic operational programme*. Project Reg. No. CZ.03.2.X/0.0/0.0/17_076/0011462.

The programme was also implemented as part of the follow-up project *Family doesn't end with breakup: Innovating services for separating parents*, which is in the period 1.10.2021 to 30.6.2023 supported by the *Employment of the ESF of the Czech Republic operational programme*. Project Reg. No. CZ.03.2.X/0.0/0.0/20_139/0017144.

Within the framework of this project, the educational course was extended to 8 meetings, with 2 runs of this course realised during the year. The courses were attended by 28 fathers, 31 mothers and 17 children.

Furthermore, the *Platform for cooperation between organisations supporting separating parents and their children* was created, within the framework of which the importance of education as a support tool for parents in the process of divorce/separation was discussed. A *Policy paper* is being developed to motivate legislators to include education as a mandatory tool during divorce proceedings and to allocate funds for it (at least in its basic version).

The programme is implemented by Aperio – Society for healthy parenthood, z. s. LOM is mainly responsible for recruiting fathers for the courses, in which it is involved as a lecturer and professionally participates in the preparation of their methodologies. It also educates professionals and provides counselling to fathers in a breakup situation.

The programme aims to support parents from Prague and the Central Bohemian region. Another 300 or so parents received effective information during the counselling to help them constructively resolve conflicts in the family and use positive parenting practices.

Within the programme we implement the following activities: education and group support for families, individual support for parents (counselling), support for children affected by parental separation, cooperation with professionals.

More at www.rodinanekonci.cz.



8

meet-ups

28

fathers

31

mothers

17

children

Fair parental leave

The project *Fair parental leave*, implemented thanks to a grant from the Prague City Hall and the Family Affairs of the Ministry of Labour and Social Affairs of the Czech Republic subsidy title, focused on supporting parents during the period when one of them is on parental leave.

The aim of the project was to support parenting competences in the key period of bringing up children, to strengthen competences for dealing with crisis situations in parenting and communication, to introduce the benefits of shared parenting and to support greater involvement of fathers in child care at an early age.

The project also included free counselling for fathers.

Two seminars were held, one

in Prague, the other in Říčany. There were 5 parent couples who participated (while 10 couples registered). Although the parents present in the evaluation considered the seminars very beneficial, we have decided not to apply for a grant for the implementation of the seminars for the year 2023. It turned out that the handicap of the course was that it was free of charge. Parents took a very lax approach to participation.



Other provided services

Counselling

The free LOM counselling was conducted both via an online form and in person. The online counselling service was used by 49 men and women, of whom 19 consultations were provided outside the project framework and thereby thanks to donations. The personal counselling was of benefit to 4 men and 2 women.

Educational events and courses

Our portfolio offers 12 educational events for men, but also parents, professionals and non-profit organisations and companies. We offer specific activities (even tailor-made) for each target group throughout the Czech Republic.

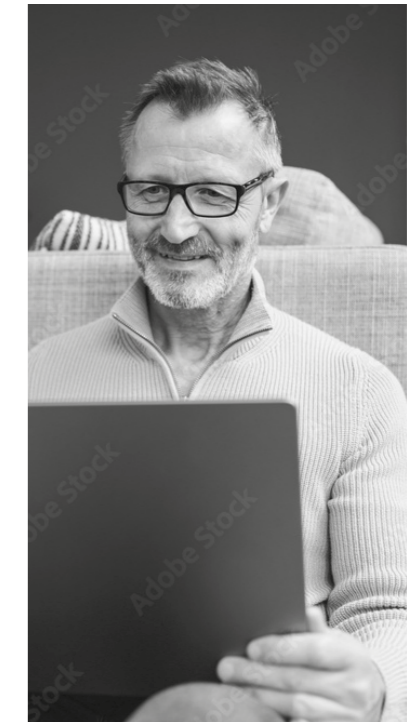
We offer:

- ▶ **one-off workshops** on working with child aggression, education or reconciling personal and professional life,
- ▶ **outings** for fathers and their children,
- ▶ **long-term self-development course** for men who need to take stock,
- ▶ **40-hour training** in the anger management method for professionals.

Our lecturers are professionals from the ranks of psychotherapists and teachers.

Last year, under the entities LOM quality, s. r. o. and LOM power, s. r. o., we carried out 41 courses and workshops. Of these, 15 courses were directed by us for the public, the rest were on request. We plan to expand our offer in the coming years.

All educational events and courses are available for viewing, registration or booking on the www.ilom.cz/kurzy website.



49

men and women have used the online counselling service

12

educational events for men

41

courses and workshops over the course of last year

Our activities

Raising awareness and advocacy

During the year we attended around fifty networking meetings, advocacy meetings, conferences and platforms. LOM was again active within the *Government council for gender equality* and its committees and working groups. We participated in the preparation and correction of the *Strategy for gender equality 2021-2023*, the *Family policy strategy of the MLSA* and the *Action plan against domestic violence*.



Execution – TUDYTAM

In the past year we also worked intensively on the internal development of the organisation, especially in the areas of financial management, HR, strategy and control. The reason is great: We are growing and we need all that! We were guided through the process by TudyTam as part of the *ProVedení* accelerator programme. Thank you!

Frin

Last year we registered and successfully participated in a year-long accelerator programme to support fundraising in the organisation and test our fundraising campaigns. Together with several other organisations, we have attended a number of training, brainstorming and mentoring sessions and workshops.



Management of the organisation in 2022

Tax entity: Liga otevřených mužů, z.s.,

Tax ID No.: CZ27024491 (hereinafter referred to as 'LOM'), is an association that solely carries out the main activity according to the statutes of the association. This activity is not a business.

LOM is a public benefit taxpayer. The main activities of the LOM association are, in accordance with Article 3 of its Statutes, the implementation of educational programmes, the organisation of seminars and conferences and other educational activities. LOM's income in 2022 came from the implementation of educational programmes, seminars and conferences, and from the implementation of projects supported by the European Social Fund and the Prague City Council,

Ministry of the Interior of the Czech Republic, Ministry of Health of the Czech Republic and the Committee of Good Will. Costs consist of labour costs and the purchase of materials and services. The entity does not record fixed tangible assets, only small tangible assets recorded on the balance sheet and 100% depreciated. The balance sheet accounting followed the rules of the grant that financed the purchase of the assets.

Revenue in thousands CZK

Donations from natural and legal persons	149
Revenue from services of the main activity	329
Other income	0
Operating subsidies	9,514

Costs in thousands CZK

Consumed purchases	81
Travels	59
Purchased services	3,560
Personal costs	6,291
Other costs	1

Annual accounts

Balance sheet for 2022 (in whole thousands CZK)

ASSETS	Min. accounting period	Normal accounting period
	Net	Net
TOTAL ASSETS	3,660	6,573
Fixed assets	0	0
Fixed intangible assets	0	0
Fixed tangible assets	0	0
Fixed financial assets	100	100
Total fixed asset allowances	0	0
Short-term assets	3,560	6,473
Stocks	0	
Claims	8	50
Short-term financial assets	3,478	6,389
Other assets	74	34

LIABILITIES	Min. accounting period	Normal accounting period
	Netto	Netto
TOTAL LIABILITIES	3,660	6,573
Total own resources	399	801
Total assets	528	930
Retained earnings of past years	0	0
Result of management in normal accounting period (+/-)	- 129	- 129
Total foreign resources	3,261	5,772
Reserves	0	0
Long-term liabilities	0	0
Short-term liabilities	3,261	5,772
x Suppliers	0	0
x Settlement with empl., institutions	0	0
x Settlement of taxes, subsidies	0	0
x Deferred income	0	0



LIGA OTEVŘENÝCH MUŽŮ

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