



Ajuda  
de Mãe

**ACTIVITY REPORT GABINETE AMADORA**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

**Mother's Help –**

### ACTIVITIES

#### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

Taking into account these assumptions, we intend to:

Inform, refer and welcome pregnant women;

To inform in the area of pregnancy, sexuality and family planning;

To train mothers to achieve full motherhood, which contributes to the healthy development of their children;

Promote the educational qualification of mothers, so that they acquire at least compulsory schooling;

Promote the social and professional reintegration of mothers, making it possible and more qualified for them to enter the labour market and their reintegration into society;

Support the family.

### Summary of activities/services and projects developed

#### ACTIVITIES:

##### **Objectives**

Promote the empowerment of pregnant women and mothers in terms of positive parenting;  
Promote the social/professional integration of pregnant women and mothers;

##### **Target Audience**

Pregnant women and mothers with babies up to 6 m

##### **Description:**

- 1 – Care and monitoring of Pregnant Women and Mothers with babies up to 6m
- 2 – Decentralized service in 8 locations in the Lisbon metropolitan area
- 3 – Pre and postpartum home visits
- 4 – Monitoring of diligences abroad
- 5 – Inter and intra meetings

**Period of realization :**

**Results obtained in relation to the established targets:**

The goal of families being monitored was defined, and families were monitored.  
 The goal of attendances was defined, and appointments were scheduled and carried out,

Local – Amadora  
 Marked - 345  
 Performed - 157

**Total number of beneficiaries**

During the year 2025, **100 customers were monitored**

No. of Cases Closed in 2025: **69 clients**

No. of Cases Transferred to 2026: **28 clients**

**3) Other information:**

Additional Information Interested in Spreading.

**Within the scope of the intervention:**

Local	Loures	Total
Supported Families		100
BA		84
Fresh		85
Diapers		17
Wipes		10
Layettes		39
Clothings		30
Childcare		28
PH Ad		3
PH BB		10
Milk		2
Infant Feeding		2

**Professional Integrations**

Local	Amadora	Total
Mothers		2

**Participação:**

Testimonials:

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**Responsible**



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**ACTIVITY REPORT LOURES OFFICE**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

Ajuda de Mãe –

## ACTIVITIES

### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

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To inform in the area of pregnancy, sexuality and family planning;

To train mothers to achieve full motherhood, which contributes to the healthy development of their children;

Promote the educational qualification of mothers, so that they acquire at least compulsory schooling;

Promote the social and professional reintegration of mothers, making it possible and more qualified for them to enter the labour market and their reintegration into society;

Support the family.

## Summary of activities/services and projects developed

## ACTIVITIES:

### Objectives

Promote the empowerment of pregnant women and mothers in terms of positive parenting;

Promote the social/professional integration of pregnant women and mothers;

### Target Audience

Pregnant women and mothers with babies up to 6m

### Description:

1 – Care and monitoring of Pregnant Women and Mothers with babies up to 3m

2 – Decentralized service in 8 locations in the Lisbon metropolitan area

3 – Pre and postpartum home visits

4 – Monitoring of diligences abroad

5 – Inter and intra meetings

Period of realization :

**Results obtained in relation to the established targets:**

The goal of families being monitored was defined, and families were monitored.  
 The goal of attendances was defined, and appointments were scheduled and carried out,

Location – Loures

Scored - 236

Performed - 131

**Total number of beneficiaries**

During the year 2025, **104 customers were monitored**

No. of Cases Closed in 2025: **77 clients**

No. of Cases Transferred to 2026: **27 clients**

**3) Other information:**

Additional Information Interested in Spreading.

**Within the scope of the intervention:**

Local	Loures	Total
Supported Families		104
BA		96
Fresh		208
Diapers		99
Wipes		86
Layettes		47
Clothings		30
Childcare		56
PH Ad		37
PH BB		57
Milk		10
Infant Feeding		9

**Professional Integrations**

Local	Loures	Total
Mothers		4

**Participation:**

Testimonials:

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**Responsável**



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**ACTIVITY REPORT ODIVELAS OFFICE**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

### Mother's Help –

#### ACTIVITIES

##### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

Taking into account these assumptions, we intend to:

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2. To inform in the area of pregnancy, sexuality and family planning;
3. To train mothers to achieve full motherhood, which contributes to the healthy development of their children;
4. Promote the educational qualification of mothers, so that they acquire at least compulsory schooling;
5. Promote the social and professional reintegration of mothers, making it possible and more qualified for them to enter the labour market and their reintegration into society;
6. Support the family.

## 1. Summary of activities/services and projects developed

### ACTIVITIES:

#### Objectives

Promote the empowerment of pregnant women and mothers in terms of positive parenting;  
Promote the social/professional integration of pregnant women and mothers;

#### Target Audience

Pregnant women and mothers with babies up to 6m

#### Description:

- 1 – Care and monitoring of Pregnant Women and Mothers with babies up to 3m
- 2 – Decentralized service in 8 locations in the Lisbon metropolitan area
- 3 – Pre and postpartum home visits
- 4 – Monitoring of diligences abroad
- 5 – Inter and intra meetings

#### Período de realização :

**Results obtained in relation to the established targets:**

The goal of **100** families was set

A goal of **300** attendances was defined, with **309** attendances scheduled and **270** performed,

Local - Odivelas

Marked - 309

Performed – 270

1st Appointments Scheduled: 86

1st Attendances Performed: 73

**Total number of beneficiaries**

During the year 2025, **105** customers were monitored

No. of Cases Closed in 2025: **62** clients

No. of Cases Transferred to 2026: **43** clients

**3) Other information:**

Additional Information Interested in Spreading.

**Within the scope of the intervention:**

Local	
Supported Families	105
BA	34
Freshs	34
Diapers	64
Wipes	76
Layettes	35
Clothes	70
Childcare	18
PH Ad	29
PH BB	42
Milk	4

**Integrações Profissionais**

Local	odivelas
Mothers	46

**Participation:**

CLAS Odivelas

**Testimonials:**

**Responsible**

Ana Galla

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**LISBON OFFICE ACTIVITY REPORT**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

**Mother's Help – Direct Service Office - Headquarters**

### ACTIVITIES

#### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

Taking into account these assumptions, we intend to:

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3. To train mothers to achieve full motherhood, which contributes to the healthy development of their children;
4. Promote the educational qualification of mothers, so that they acquire at least compulsory schooling;
5. Promote the social and professional reintegration of mothers, making it possible and more qualified for them to enter the labour market and their reintegration into society;
6. Support the family.

#### 1. Summary of activities/services and projects developed

### ACTIVITIES:

#### **Objectives**

Promote the empowerment of pregnant women and mothers in terms of positive parenting;  
Promote the social/professional integration of pregnant women and mothers;

#### **Target Audience**

Pregnant women and mothers with babies up to 6m

#### **Description:**

- 1 – Care and monitoring of Pregnant Women and Mothers with babies up to 6m
- 2 – Decentralized service in 8 locations in the Lisbon metropolitan area
- 3 – Pre and postpartum home visits
- 4 – Monitoring of diligences abroad
- 5 – Inter and intra meetings

#### **Período de realização :**

**Results obtained in relation to the established targets:**

The goal of families being monitored was defined, and 134 families were monitored.

The goal of **300** attendances was defined, with 349 attendances scheduled and 207 performed,

Location - Lisbon

Scored – 349

Performed – 207

1st Appointments Scheduled: 122

1st Attendances Performed: 71

**Total number of beneficiaries**

During the year 2025, 131 customers were monitored

No. of Cases Closed in 2025: 95 clients

No. of Cases Transferred to 2026: 38 clients

**3) Other information:**

Additional information in interest to disclose.

**No âmbito da intervenção:**

Local	Lisboa
Supported Families	6
BA	21
Fresh	256
Diapers	7
Wipes	7
Layette	99
Clothes	88
Child Care	75
PH Ad	69
PH BB	115
Milk	1

**Integrações Profissionais**

Local	Lisboa
Mothers	63

**Participation:**

CLAS Lisbon  
CSF Campo de Ourique  
CSF Belém  
Emprega Network

**Testimonials:****Responsible**

Ana Galla



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**OFFICE ACTIVITY REPORT**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

Mother's Help – Oeiras Office

## ACTIVITIES

### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

Taking into account these assumptions, we intend to:

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6. Support the family.

### 1. Summary of activities/services and projects developed

## ACTIVITIES:

### Objectives

Promote the empowerment of pregnant women and mothers in terms of positive parenting;  
Promote the social/professional integration of pregnant women and mothers;

### Target Audience

Pregnant women and mothers with babies up to 6m

### Description:

- 1 – Care and monitoring of Pregnant Women and Mothers with babies up to 3m
- 2 – Decentralized service in 8 locations in the Lisbon metropolitan area
- 3 – Pre and postpartum home visits
- 4 – Monitoring of diligences abroad
- 5 – Inter and intra meetings

**Period :** 2 January 2025 to 31 December 2025

**Results obtained in relation to the established targets:**

The goal of **40** families was set to be monitored, and **30** families were monitored.

The goal of attendance was defined, with **100** appointments scheduled and **67 performed**.

Location - Oeiras

Tagged - 100

Performed - 67

**Total number of beneficiaries**

During the year 2025, **30** customers were monitored

No. of Cases Closed in 2025: **22** clients

No. of Cases Transferred to 2026: **8** clients

**3) Other information:**

Additional Information Interested in Spreading.

**Within the scope of the intervention:**

Local	Oeiras	Total
Supported Families		30
BA		1
Fresh		0
Diapers		4
Toalhitas		4
Layettes		11
Clothes		1
Childcare		3
PH Ad		0
PH BB		4
Milk		2

**Integrações Profissionais**

Local	Oeiras	Total
Mães		

**Participation:**

CPCJ Oeiras – extended modality

CPCJ Oeiras - extended modality - family group

NIPANIC

NICO

ACES Oeiras – Social Protection training in parenting

Testemunhos:

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**Responsável**



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**OFFICE ACTIVITY REPORT**

## BRIEF IDENTIFICATION OF THE ENTITY / SERVICE

**Mother's Help – Queluz Office**

### ACTIVITIES

#### 1) Presentation

The service aims to support pregnant women, respecting the life of the baby to be born and so that, with this support, each mother can improve the life of her family. In order to promote the physical, emotional and social well-being of pregnant women with a view to full motherhood,

Taking into account these assumptions, we intend to:

1. Inform, refer and welcome pregnant women;
2. To inform in the area of pregnancy, sexuality and family planning;
3. To train mothers to achieve full motherhood, which contributes to the healthy development of their children;
4. Promote the educational qualification of mothers, so that they acquire at least compulsory schooling;
5. Promote the social and professional reintegration of mothers, making it possible and more qualified for them to enter the labour market and their reintegration into society;
6. Support the family.

#### 1. Summary of activities/services and projects developed

### ACTIVITIES:

#### **Objectives**

Promote the empowerment of pregnant women and mothers in terms of positive parenting;  
Promote the social/professional integration of pregnant women and mothers;

#### **Target Audience**

Pregnant women and mothers with babies up to 6m

#### **Description:**

- 1 – Care and monitoring of Pregnant Women and Mothers with babies up to 3m
- 2 – Decentralized service in 8 locations in the Lisbon metropolitan area
- 3 – Pre and postpartum home visits
- 4 – Monitoring of diligences abroad
- 5 – Inter and intra meetings

**Period of realization** : 2nd January 2025 to 31st December 2025

**Results obtained in relation to the established targets:**

The goal of **170** families was set to be monitored, and **169** families were monitored.  
 The goal of **?????** with **367** appointments scheduled and **243 performed**.

Location -Queluz

Marked - 367

Performed - 243

**Total number of beneficiaries**

During the year 2025, **169** customers were monitored

No. of Cases Closed in 2025: **130** clients

No. of Cases Transferred to 2026: **39** clients

**3) Other information:**

Additional information in interest to disclose.

**Within the scope of the intervention:**

Local	Queluz	Total
Supported Families		169
BA		123
Fresh		123
Diapers		29
Wipes		15
Layettes		50
Clothes		7
Child Care		79
PH Ad		
PH BB		10
Milk		2

**Professional Integrations**

Local	Queluz	Total
Mães		

**Participation:**

**Testimonials:**

"Hello good afternoon Andreia and the whole team that are part of the mother's help.

I want to leave a very special thanks to the Help of Mother and Father Santa for everything they have done for us.

From the moment of my pregnancy until now, I have always felt support, affection and genuine concern for our family.

In the last meeting, writing the letter to Santa Claus was a very beautiful moment, full of hope.

Today, when we received the gifts, it was impossible not to be moved.

Adilsa, Alicia and Esmael were so happy with their gifts — everything so beautiful and chosen with so much love. I also received a gift from Mother's Help and the Food Bank, which touched our hearts very much.

This gesture made our Christmas much more special, full of joy, gratitude and hope.

Thank you for spreading love, care and true Christmas spirit. We will never forget everything they did for us.

I wish you all a Holy Christmas, a good end of the year and a New Year full of happiness, may everything go well.

With great gratitude and affection,"

Jessica and family 🌲🌟

"Good afternoon, I am grateful for all the help that has been given to me since I looked for you everything was special, the experience, the learning about health, the sharing of ideas, the gifts for the babies everything harmonious.

Without more words thank you for everything and for more you do .

Happy holidays and a new year full of successes."

"I, Florberta Biague sambu, received a lot of support from the help of mother, crib, affection of babies, cov, baby bag, clothes, diapers, many things and Christmas gifts, thanks more great work, help a lot, thank you, thank you, god bless you this project, thank you"

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**Responsável**