

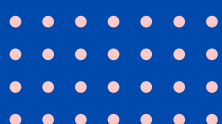


Fundacja
#HelpNowHUB



2024 Annual Report

ON ACTIVITY OF FUNDACJA
HELPNOWHUB



HELPNOWHUB@GMAIL.COM

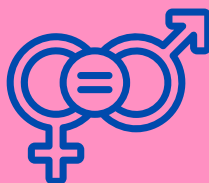
Key Events

FFUNDACJA HELPNOWHUB IS AN ORGANIZATION WHICH ACTIVELY WORKS WITH KEY POPULATIONS AND PROVIDES INFORMATION AND COUNSELING SERVICES IN THE AREAS OF MIGRANT SUPPORT, COMBATING THE SPREAD OF THE HIV EPIDEMIC, GENDER EQUALITY, SOCIAL INTEGRATION AND OTHER VITAL ISSUES. IT WAS REGISTERED IN POLAND BY UKRAINIAN REFUGEES LIVING WITH HIV IN RESPONSE TO THE NEEDS OF OTHER REFUGEES (PEOPLE WHO WERE FORCED TO FLEE THE FULL-SCALE WAR THAT BEGAN IN UKRAINE ON FEBRUARY 24, 2022) AND MIGRANTS.

CONTENTS



**INTERNATIONAL
AND LOCAL
COOPERATION
(PROJECTS),
CONFERENCES,
WORKSHOPS**



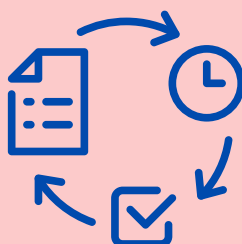
**GENDER
EQUALITY AND
WOMEN'S RIGHTS**



**CULTURAL AND
SOCIAL
INITIATIVES**



**Program
activities**



**Participation
in
the Research**

International and local cooperation (projects), conferences, workshops

2024

**23 July 23-25, 2024:
Participation in the
International AIDS 2024
Conference (Munich,
Germany)**



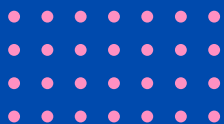
IN JULY 2024, NATALIA TYUNYAGINA, A MEMBER OF THE BOARD OF DIRECTORS OF THE FUNDACJA HELPNOWHUB, TOOK PART IN THE INTERNATIONAL AIDS-2024 CONFERENCE IN MUNICH. THIS EVENT, WHICH BROUGHT TOGETHER REPRESENTATIVES FROM 101 COUNTRIES, WAS THE FIRST TIME SHE PARTICIPATED IN A GLOBAL FORUM ON HIV/AIDS.

Key points of participation:

Presentation of HelpNowHUB activities:

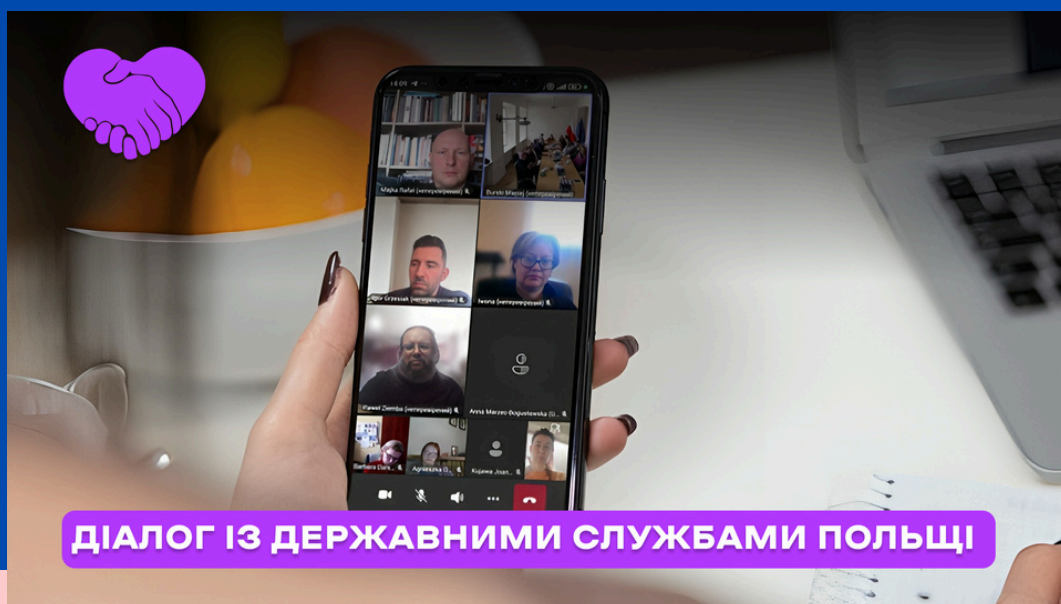
- Direct meetings with donors who have expressed interest in cooperation.
- Networking with international organizations – exchange of experience in the field of HIV education and social support.
- Presentation of successful cases of work with HIV-positive refugees
- Active participation in 6 panel discussions
- A thematic session on migrants in Poland was initiated and conducted
- New knowledge and insights
- Updated information on medical and social aspects of HIV.
- Case studies of other organizations that will help in planning future projects.
- Participation in AIDS-2024 gave Fundacja HelpNowHUB
- the opportunity to:
 - Strengthen international influence.
 - Establish new partnerships.
 - Integrate global experience into their own initiatives.

“It was an incredible experience that opens up new horizons for our organization,” Natalia concludes.



March 18, 2024: Dialogue with the Ministry of Health of Poland

- DURING THE MEETING, A COMPREHENSIVE
- DISCUSSION OF BARRIERS TO ACCESS TO TREATMENT FOR HIV, HEPATITIS AND TUBERCULOSIS WAS HELD, IN PARTICULAR:
- SYSTEM LIMITATIONS OF HEALTHCARE AND INFRASTRUCTURE
- PATIENTS' FINANCIAL DIFFICULTIES
- STIGMATIZATION OF VULNERABLE GROUPS
- LOGISTICAL DIFFICULTIES IN THE REGIONS
- AS PART OF THE PLANNING FOR FURTHER COOPERATION, THE FOLLOWING WERE IDENTIFIED:
- STRATEGIC GOALS FOR 2024-2025
- SPECIFIC STEPS TO IMPROVE THE SITUATION
- MECHANISMS FOR MONITORING RESULTS
- POTENTIAL SOURCES OF FUNDING



December 01, 2024: World AIDS Day.

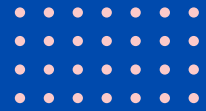
Participation in the workshop.

THE MEETING WAS HELD AS PART OF THE CORE - COMMUNITY RESPONSE TO END INEQUALITIES. THE ORGANIZERS BROUGHT TOGETHER POLICY MAKERS, HEALTHCARE PROFESSIONALS, COMMUNITY LEADERS, CIVIL SOCIETY ORGANIZATIONS AND INTERNATIONAL PARTNERS TO DISCUSS GAPS, OBSTACLES AND POTENTIAL SOLUTIONS TO ACHIEVE THE 95-95-95 GOALS SET BY UNAIDS BY 2025 IN POLAND AND THE REGION.

REPRESENTATIVES OF FUNDACJA HELPNOWHUB HAD THE OPPORTUNITY TO PRESENT THE ACTIVITIES OF THE ORGANIZATION, DISCUSS THE CHALLENGES THEY FACE WHEN WORKING WITH THE COMMUNITY. THEY EMPHASIZED THE IMPORTANCE OF COOPERATION AND SUPPORT OF ALL STAKEHOLDERS



Workshop in Warsaw with the participation of EATG, C-EHRN, FES



"TRUST, EXPERTISE OF MEDICAL PROFESSIONALS AND SUPPORT OF PEER COUNSELORS ARE THE KEY TO MIGRANTS' ACCESS TO PREVENTION, TESTING AND TREATMENT. WE CAN REACH EACH PERSON ONLY BY TAKING INTO ACCOUNT THEIR SPECIFICS AND INVOLVING NON-GOVERNMENTAL ORGANIZATIONS IN THE SYSTEM OF MEDICAL SUPPORT AND COUNSELING." ANNA ARIABINSKA SAID

"THE MEETING WAS A LANDMARK AND PRODUCTIVE FOR THE FOUNDATION. THIS IS ANOTHER OPPORTUNITY TO ESTABLISH NEW PROMISING CONTACTS AND MAKE OURSELVES KNOWN.



December 17, 2024: Online meeting “Migration and Health”

ON THE OCCASION OF INTERNATIONAL MIGRANTS' DAY, THE REGIONAL EXPERT GROUP INVITED ANNA ARIABINSKAYA TO PARTICIPATE IN AN ONLINE MEETING DEDICATED TO THE TOPIC OF PROVIDING HEALTH CARE TO PEOPLE IN MIGRATION: “MIGRATION AND HEALTH. COORDINATION OF EFFORTS OF ORGANIZATIONS PROVIDING ASSISTANCE AND FORMATION OF MIGRANT COMMUNITIES IN THE VECA REGION”. THE MEETING PRESENTED THE EXPERIENCE OF ORGANIZATIONS PROVIDING ASSISTANCE TO REFUGEES AND MIGRANTS IN THE ISSUES OF HIV AND OTHER DISEASES. PEOPLE OFTEN CHANGE THEIR COUNTRY OF RESIDENCE DURING MIGRATION DUE TO CIRCUMSTANCES AND AS A RESULT MAY LOSE ACCESS TO THERAPY AND TREATMENT OF HIV AND OTHER DISEASES. ONE OF THE CHALLENGES IS TO MAINTAIN ACCESS TO TREATMENT FOR CLIENTS THROUGHOUT THE MIGRATION PROCESS. THE MEETING DISCUSSED SOLUTIONS TO MAINTAIN THE SUSTAINABILITY OF SERVICES NEEDED BY REFUGEES AND MIGRANTS IN THE VIECA REGION, AND PRESENTED AN ANALYSIS OF THE DEVELOPMENT OF MIGRANT COMMUNITIES IN EUROPE.



The poster features a white background with a blue border. At the top left is the logo of the Regional Expert Group on Migration and Health, and at the top right is the hashtag #sos_project. The main title is in Russian: "Международный день мигранта: развитие мигрантских сообществ в европейских странах в контексте здоровья ключевых групп". Below this is the date and time: "17 декабря 11:00 – 12:30 по европейскому времени". The center of the poster displays six circular portraits of the speakers, each with their name and affiliation below. At the bottom, the English title "International Migrants Day: development of migrant communities in European countries in the context of health of key populations" is written, along with the time "17 December 11:00 – 12:30 CET time".

Regional Expert Group on Migration and Health

#sos_project

Международный день мигранта:
развитие мигрантских сообществ в европейских странах в контексте здоровья
ключевых групп

17 декабря 11:00 – 12:30 по европейскому времени

Anna Ariabinska,
HelpNow HUB Foundation,
Poland

Kateryna Parfeniuk,
PlusUkrDe,
Germany

Oleg Eryomin,
Spring of Help,
Georgia

Tatiana Zhuravskaya,
Dłoń Pomocy,
Poland

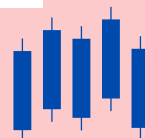
Denys Denysenko,
Elton John
AIDS Foundation

Daniel Kashnitsky,
REG

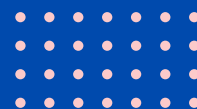
17 December 11:00 – 12:30 CET time

International Migrants Day:
development of migrant communities in European countries in the context of health of
key populations

Organized by the Regional Expert Group
on Migrant Health



December 22, 2024: Meeting on experience exchange Assistance to migrants from vulnerable groups” (Warsaw)



A SPECIALIZED TRAINING ORGANIZED BY FUNDACIJA HELPNOWHUB FOR EMPLOYEES OF THE PARTNER ORGANIZATION STEP BY STEP WAS HELD.

THE EVENT WAS AIMED AT SHARING EXPERIENCE IN WORKING WITH MIGRANTS, IN PARTICULAR THOSE BELONGING TO VULNERABLE GROUPS.

MAIN TOPICS OF THE TRAINING



OVERVIEW OF POLISH LEGISLATION ON THE RIGHTS AND OBLIGATIONS OF MIGRANTS FROM VULNERABLE GROUPS;

PRACTICAL CASES OF ASSISTANCE TO MIGRANTS FROM VULNERABLE GROUPS;
TOOLS FOR ORGANIZING EFFECTIVE CROSS-BORDER PARTNERSHIPS;

BEST PRACTICES THAT HELP TO SOLVE CHALLENGES IN OUR AREAS OF ACTIVITY.



THE EVENT BECAME A PLATFORM FOR DIALOGUE, EXCHANGE OF KNOWLEDGE AND IDEAS. WE ARE CONVINCED THAT JOINT EFFORTS WILL HELP US TO MAKE OUR ASSISTANCE EVEN MORE EFFECTIVE.

Health and HIV response

Campaign “Żyje z HIV” (Warsaw, Poland)

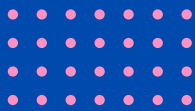


- ANNA ARIABINSKA, PRESIDENT OF THE FOUNDATION, TOOK PART IN THE PHOTO EXHIBITION, FILMING
- OF A SOCIAL VIDEO AND CREATION OF A MURAL.



Breaking down
stereotypes
about HIV, supporting
people

ALL OF THIS WITH ONE GOAL IN MIND - TO SUPPORT PEOPLE LIVING WITH HIV AND BREAK DOWN STEREOTYPES ABOUT LIVING WITH THE VIRUS. INTERNAL AND EXTERNAL STIGMATIZATION IS AN ACUTE ISSUE IN MODERN SOCIETY. HIV IS NOT A SENTENCE OR A “PUNISHMENT FOR BAD DEEDS”.

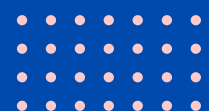


EVERY PERSON WHO HAS HAD UNPROTECTED SEX AT LEAST ONCE IN THEIR LIFE IS AT RISK, WHICH IS THE ENTIRE ADULT POPULATION OF OUR PLANET. NOWADAYS, THERE IS A CURE AND COMPLETE CONTROL OVER THIS CHRONIC DISEASE.

THE MOST IMPORTANT ELEMENT IS TIMELY TESTING, DIAGNOSIS AND TREATMENT. WITH JUST ONE PILL A DAY, EVERY PERSON LIVING WITH HIV CAN CONTINUE TO LIVE A FULL, QUALITY AND HAPPY LIFE. THEY CAN CONTINUE TO BUILD HEALTHY RELATIONSHIPS WITHOUT PASSING THE VIRUS ON TO THEIR PARTNERS AND THEIR FUTURE OFFSPRING.

THE WORST THING IS NOT KNOWING ABOUT YOUR STATUS. FEAR, PREJUDICE AND STEREOTYPES, AND MOST IMPORTANTLY, THE LACK OF POSITIVE, OPEN INFORMATION ABOUT HIV IN THE MEDIA SPACE, DEPRIVE MANY PEOPLE OF THE OPPORTUNITY TO LIVE A LONG AND HAPPY LIFE. IGNORANCE BREEDS FEAR AND REJECTION. PEOPLE WITH HIV OFTEN EXPERIENCE GREAT PSYCHOLOGICAL PRESSURE AND ARE VULNERABLE TO VARIOUS TYPES OF VIOLENCE. TO MAKE THE SITUATION MORE FAVORABLE, IT IS NECESSARY TO TELL AS MUCH AS POSSIBLE, TO INFORM AND TO BREAK OUTDATED STEREOTYPES. AND IT IS BEST IF THIS IS DONE ON A DAILY BASIS BY REPRESENTATIVES OF THE COMMUNITY OF PEOPLE LIVING WITH HIV, NOT ONLY INFECTIOUS DISEASE DOCTORS AND PUBLIC ORGANIZATIONS. SUCH OPENNESS AND PERSONAL EXAMPLE CAN HELP OVERCOME STIGMA.

ANNA ARIABINSKA HAS BEEN DOING THIS FOR MANY YEARS - FIRST IN UKRAINE, AND NOW IN POLAND. "WHEN I WAS OFFERED TO PARTICIPATE IN THIS PROJECT," SAYS ANNA, "I AGREED WITH GREAT JOY. AFTER ALL, IF AN OPEN CONVERSATION, MY PERSONAL STORY, HELPS OTHERS FEEL BETTER AND MORE CONFIDENT, INSPIRES THEM TO GET TESTED AND TREATED, THEN I AM ON THE RIGHT WAY! MY KNOWLEDGE AND EXPERIENCE ALLOW ME TO PROVIDE QUALITY SUPPORT AND COUNSELING TO PEOPLE LIVING WITH HIV IN ANY COUNTRY."



HIV TESTING PROGRAM (CONTINUATION OF INTERNATIONAL COOPERATION

HEALTH IS THE MOST VALUABLE RESOURCE WE HAVE. THAT'S WHY IT'S IMPORTANT TO TAKE CARE OF YOURSELF AND YOUR WELL-BEING ON A REGULAR BASIS. FUNDACJA HELPNOWHUB PROVIDES A UNIQUE OPPORTUNITY TO GET TESTED FOR HIV, HEPATITIS B AND C, AND SYPHILIS FREE OF CHARGE AND ANONYMOUSLY.

WHY IS IT IMPORTANT?

MANY DISEASES, SUCH AS HIV, HEPATITIS OR #SYPHILIS, CAN GO ON WITHOUT SYMPTOMS FOR A LONG TIME. TIMELY DETECTION OF THESE DISEASES ALLOWS YOU TO START TREATMENT, AVOID SERIOUS COMPLICATIONS AND PROTECT YOUR CLOSE ONES.

EARLY DIAGNOSIS OF INFECTIOUS DISEASES IS THE KEY TO SUCCESSFUL TREATMENT AND PREVENTION OF THEIR SPREAD. FOR EXAMPLE, MODERN ANTIRETROVIRAL THERAPY ALLOWS PEOPLE WITH #HIV TO LIVE LONG AND FULFILLING LIVES IF DIAGNOSED ON TIME. #HEPATITIS C, WHICH WAS ONCE CONSIDERED INCURABLE, IS NOW FULLY CURABLE THANKS TO MODERN MEDICATIONS.

IN ADDITION, KNOWING YOUR STATUS HELPS TO PREVENT THE SPREAD OF THE DISEASE TO OTHER PEOPLE. THIS IS NOT ONLY A STEP TOWARDS YOUR OWN HEALTH, BUT ALSO A RESPONSIBILITY TO SOCIETY.

ANONYMOUS TESTING IS SIMPLE AND SAFE. IT GIVES YOU THE OPPORTUNITY TO CHECK YOUR HEALTH STATUS WITHOUT FEAR OF JUDGMENT OR DISCRIMINATION. THE PROCEDURE IS SIMPLE AND COMPLETELY CONFIDENTIAL.

TESTING IS CONDUCTED USING MODERN METHODS THAT GUARANTEE ACCURACY AND SPEED OF RESULTS. ALL MATERIALS USED DURING THE TESTING ARE DISPOSABLE AND STERILE, WHICH ELIMINATES ANY RISK OF INFECTION.

AFTER TESTING, EVERYONE CAN GET EXPERT ADVICE AND, IF NECESSARY, ASSISTANCE IN FURTHER TREATMENT.



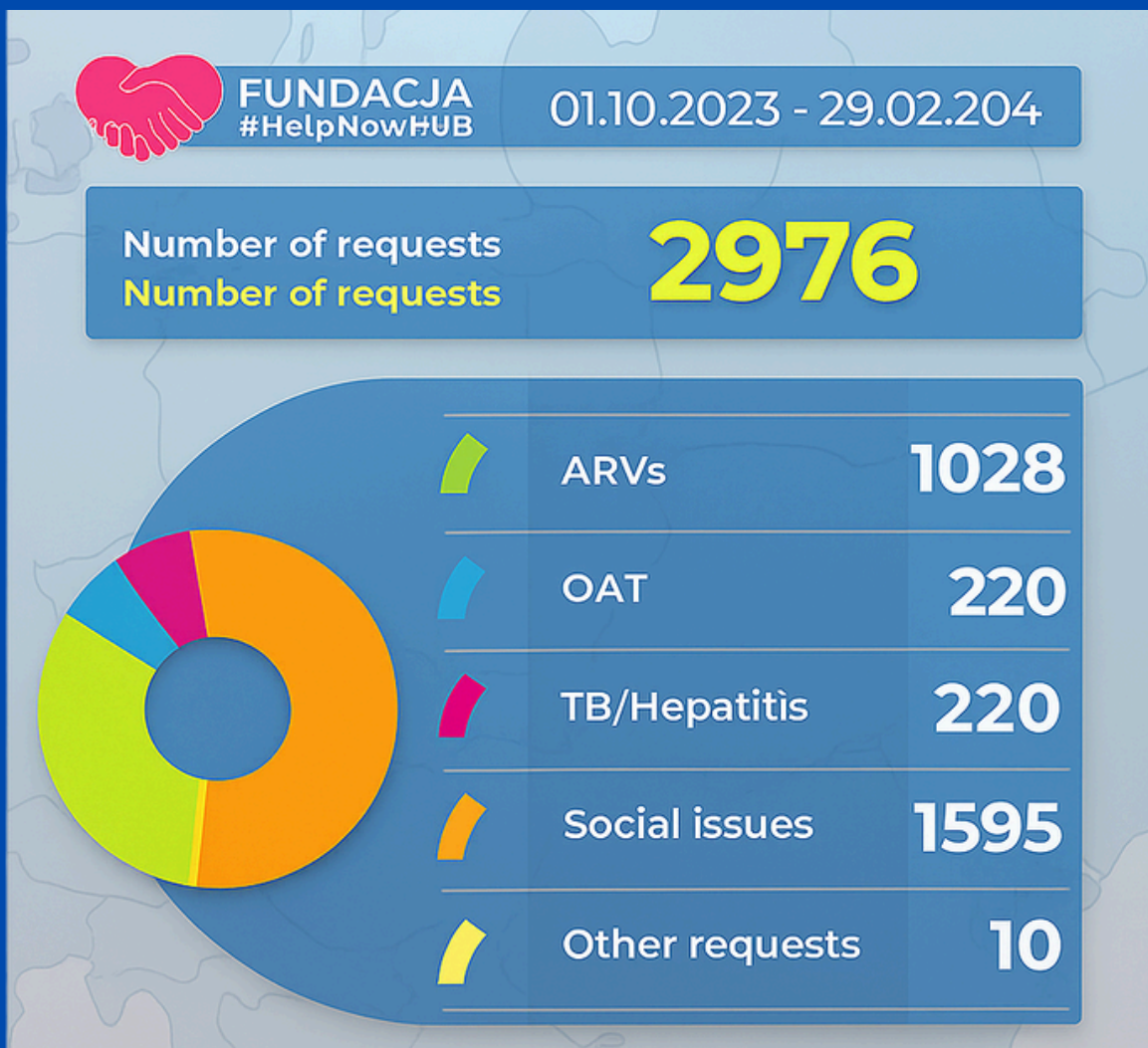
"Emergency Relief Fund for Ukraine and Neighboring Countries"

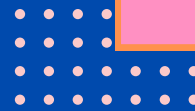
PROJECT IMPLEMENTATION

INFORMING AND CONSULTING ON EXPANDING ACCESS TO THERAPY FOR PROJECT CLIENTS (UPON THEIR REQUEST) - 581 CONSULTATIONS

PROVIDING PSYCHOSOCIAL COUNSELING TO REPRESENTATIVES OF THE MOST AT-RISK GROUPS AMONG THE PROJECT CLIENTS UPON THEIR REQUEST - 845 CONSULTATIONS.

2976 CONSULTATIONS WERE PROVIDED OVER THE ENTIRE PERIOD OF PROJECT IMPLEMENTATION.





Main objectives of the project

**IMPROVING ACCESS TO MEDICAL CARE:
PROVIDING UKRAINIAN REFUGEES AND VULNERABLE GROUPS
WITH BASIC MEDICAL SERVICES, INCLUDING ANTIRETROVIRAL
THERAPY (ART), SUBSTITUTION THERAPY (ST), HEPATITIS AND
TUBERCULOSIS TREATMENT.**

**OVERCOMING BARRIERS SUCH AS STIGMA, REMOTENESS OF
HEALTH CENTERS AND OVERLOADED HEALTH CARE SYSTEM.**

**PSYCHOSOCIAL AND LEGAL SUPPORT: COUNSELING ON
MEDICAL CARE, REFUGEE RIGHTS, AND SOCIAL INTEGRATION.
ASSISTANCE IN OVERCOMING DISCRIMINATION, STIGMA AND
PSYCHOLOGICAL PROBLEMS.**

**SELF-HELP GROUPS, POLISH LANGUAGE CLASSES, AND CULTURAL
EVENTS (CONCERTS, MEETINGS) ARE ORGANIZED.**

**ASSISTANCE IN DIFFICULT CASES, E.G:
RELOCATION OF PATIENTS TO OTHER CITIES/COUNTRIES (E.G.,
NORWAY) WITHOUT INTERRUPTING TREATMENT.**

**URGENT REGISTRATION OF MEDICAL CARE FOR PEOPLE WITH
DISABILITIES**

ACHIEVEMENTS

**ALL PROJECT GOALS WERE ACHIEVED ON TIME.
INCREASED CONFIDENCE AMONG REFUGEES - 185 SESSIONS OF
PSYCHOLOGICAL ASSISTANCE WERE CONDUCTED.
DIALOGUE WITH POLISH GOVERNMENT AGENCIES TO IMPROVE
CONDITIONS FOR REFUGEES WAS ESTABLISHED.**

IMPACT ON THE COMMUNITY

**REFUGEES RECEIVED NOT ONLY EMERGENCY ASSISTANCE, BUT
ALSO TOOLS FOR LONG-TERM INTEGRATION.
A SUPPORT NETWORK HAS BEEN CREATED THAT ALLOWS PEOPLE
TO HELP EACH OTHER.**

Number of consultations provided during the year

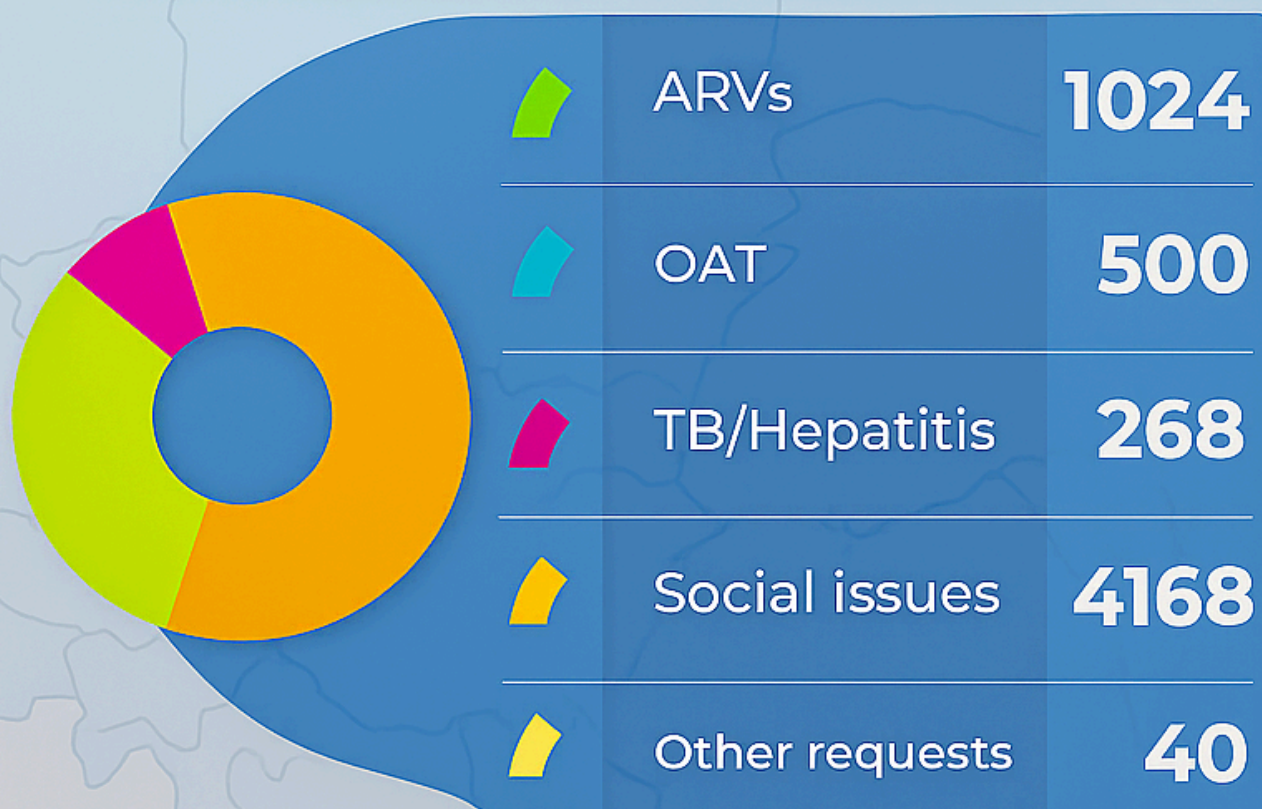


FUNDACJA
NelprowHUd

01.2024 - 12.2024

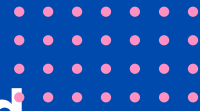
Number of requests

6000+





From barriers to solutions: a qualitative study of access to HIV and TB treatment for forced migrants from Ukraine



OUR FOUNDATION'S EXPERTS TOOK AN ACTIVE PART IN THIS STUDY. WORKING WITH THE COMMUNITY, WE MANAGED TO PROVIDE HIGH-QUALITY DATA AND PERSONAL STORIES, WHICH ALLOWED US TO IDENTIFY REAL BARRIERS AND WAYS TO OVERCOME THEM. OUR EXPERIENCE WORKING WITH VULNERABLE GROUPS HELPED US GAIN AN IN-DEPTH UNDERSTANDING OF THE NEEDS OF DISPLACED PERSONS AND INFLUENCE THE DEVELOPMENT OF EFFECTIVE SOLUTIONS.

THIS STUDY EXAMINES THE BARRIERS FACED BY PEOPLE WHO FLED UKRAINE AFTER THE RUSSIAN INVASION IN ACCESSING TREATMENT FOR HIV, TUBERCULOSIS (TB) AND OPIOID AGONIST THERAPY (OAT). THE STUDY AIMS TO UNDERSTAND HOW FORCED MIGRATION INTERSECTS WITH ACCESS TO HEALTH CARE IN WARTIME, DRAWING ON CONCEPTS OF SOCIAL DETERMINANTS OF HEALTH AND TRANSNATIONALISM.

METHODOLOGY

THE RESEARCH IS BASED ON IN-DEPTH INTERVIEWS CONDUCTED IN 2023-2025 AS PART OF AN INTERNATIONAL PUBLIC PROJECT COVERING SIX COUNTRIES. THE EMPIRICAL DATA WERE ANALYZED TO IDENTIFY SYSTEMIC, REGULATORY, AND LANGUAGE BARRIERS, WITH A PARTICULAR FOCUS ON HOW THESE FACTORS AFFECT TREATMENT DECISIONS AMONG FORCIBLY DISPLACED PERSONS.

RESULTS

THE RESULTS SHOW THAT BOTH THE HEALTH SYSTEMS OF THE HOST COUNTRIES AND UKRAINE HAVE BEEN INVOLVED IN DEVELOPING RESPONSES TO THE CHALLENGES OF MIGRATION. REFUGEES FACE SERIOUS BARRIERS

DURING THEIR MOVEMENT, SUCH AS A LACK OF INTERPRETERS, INTERRUPTIONS IN TREATMENT, AND COMPLEX BUREAUCRATIC PROCEDURES. COMMUNITY INITIATIVES HAVE PLAYED A KEY ROLE IN OVERCOMING THESE BARRIERS BY PROVIDING ACCESS TO TREATMENT THROUGH ADVOCACY, PEER SUPPORT, AND INFORMAL ASSISTANCE IN NAVIGATING THE SYSTEM. USING THE CONCEPT OF CROSS-BORDER PATIENT MOBILITY, THE STUDY SHOWS HOW PEOPLE WITH MULTIPLE VULNERABILITIES OVERCOME THE TRAUMA OF WAR, DISPLACEMENT, FAMILY SEPARATION AND SOCIAL ISOLATION.

CONCLUSIONS

THE STUDY EMPHASIZES THE NEED TO DEVELOP HEALTH SERVICES ADAPTED TO THE NEEDS OF MIGRANTS AND TO SUPPORT COMMUNITY-BASED INITIATIVES. TO PROVIDE HEALTH CARE FOR DISPLACED PERSONS, IT IS NECESSARY TO RECOGNIZE AND INVEST IN COMMUNITY-BASED SOLUTIONS, ESPECIALLY IN TIMES OF ONGOING CRISES AND INSTABILITY.

GENDER EQUALITY AND WOMEN'S RIGHTS

STUDYING AT THE WENDO ACADEMY (FUNDACJA AUTONOMIA)

► WENDO AS A METHOD OF ASSERTIVENESS PROVIDES KNOWLEDGE ABOUT EFFECTIVE METHODS OF COMMUNICATION AND EXPRESSION OF ONE'S NEEDS, EMOTIONS, AND THOUGHTS. THANKS TO THIS, PARTICIPANTS LEARN NOT ONLY TO RESOLVE CONFLICTS, BUT ALSO TO OVERCOME THEIR OWN STEREOTYPES AND FEARS, FEELINGS OF GUILT AND SHAME.

► AS A METHOD OF PSYCHOLOGICAL SELF-DEFENSE, IT SHOWS THE SOCIAL AND PSYCHOLOGICAL MECHANISMS THAT ARISE IN SITUATIONS OF BORDER VIOLATIONS, DISCRIMINATION AND GENDER-BASED VIOLENCE. DURING THE WORKSHOPS, PARTICIPANTS LEARN HOW TO IDENTIFY THEIR OWN BOUNDARIES AND RESPOND TO THEIR VIOLATION IN TIME TO STOP THE GROWING AGGRESSION OF THE ATTACKER AND REDUCE THE LIKELIHOOD OF PHYSICAL ATTACK.

► ► AS A METHOD OF PHYSICAL SELF-DEFENSE WENDO PROVIDES WOMEN WITH PRACTICAL SKILLS THAT ALLOW THEM TO DEFEND THEMSELVES EFFECTIVELY IN THE EVENT OF A PHYSICAL THREAT.

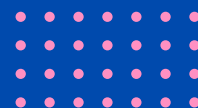
WENDO AS AN ASSERTIVENESS METHOD PROVIDES KNOWLEDGE ABOUT EFFECTIVE METHODS OF COMMUNICATION AND EXPRESSION OF THEIR NEEDS, EMOTIONS AND THOUGHTS.

THANKS TO THIS, PARTICIPANTS LEARN NOT ONLY TO RESOLVE CONFLICTS, BUT ALSO TO OVERCOME THEIR OWN STEREOTYPES AND FEARS, FEELINGS OF GUILT AND SHAME.



ЧЛЕНКИНИ ФУНДАЦІЇ АННА АРЯБІНСЬКА ТА НАТАЛІЯ
ТЮНЯГІНА ПРОЙШЛИ 7-МІСЯЧНИЙ КУРС САМОЗАХИСТУ ТА
АСЕРТИВНОСТІ

CULTURAL AND SOCIAL INITIATIVES



MAY 17, 2014

PERFORMANCE BY THE “GRUND” THEATER IN BYDGOSZCZ

THE FORMAT IS ALWAYS UNIQUE - NO REPETITION IS POSSIBLE. THE AUDIENCE BECOMES ACTIVE PARTICIPANTS AND ACTORS IN THE CREATIVE PROCESS. THE ACTORS TELL A SPECIFIC STORY THAT WAS HEARD FROM THE AUDIENCE THROUGH IMPROVISATION, PLASTICITY, POETRY, DANCE AND MUSIC. THEY SHARE THEIR OWN REAL STORIES AND EXPERIENCES WITH THE AUDIENCE. SOMEONE WAS WORRIED ABOUT THEIR RELATIVES WHO REMAINED IN UKRAINE,

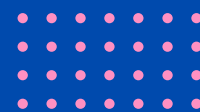
SOMEONE SHARED A JOYFUL EVENT IN THE FAMILY AND THEIR REGRET THAT THEY COULD NOT BE THERE BECAUSE OF THE WAR. PAIN, REGRET, FEAR, JOY AND PRIDE FOR THE CHILDREN

ALL BECAME ELEMENTS OF THE THEATER. THE RESULT WAS A UNIQUE AND VERY COHERENT STORY ABOUT PEOPLE, ABOUT WHAT IS TRULY DEAR TO THEM AND LIVES IN THEIR HEARTS. BEFORE THE FINALE, ALL THE AUDIENCE WAS INVITED TO LOOK AROUND AND SHAKE HANDS WITH A NEIGHBOR, TALK TO THEM, GET TO KNOW THEM. AS A RESULT, MANY VIEWERS MADE NEW FRIENDS, WITH DIFFERENT LIFE EXPERIENCES, OR VICE VERSA, VERY SIMILAR, DESPITE THE SEEMING DIFFERENCES.

THANKS TO THE ACTORS OF THE “GRUND” THEATER, PEOPLE WERE ABLE TO GET EMOTIONAL SUPPORT AND UNDERSTANDING OF OTHERS, AND MAYBE THEMSELVES.

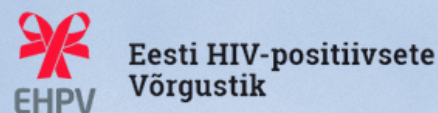
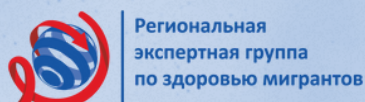
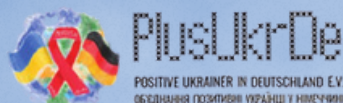
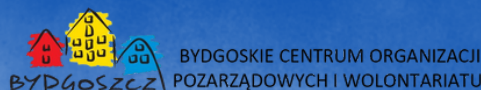
“DESPITE THE DISSIMILARITY OF ALL THE STORIES, WE MANAGED TO FIND A COMMON MOTIVE THAT UNITES THEM - LOVE AND ANXIETY FOR LOVED ONES. CHILDREN (AND AGE IS NOT IMPORTANT HERE) WORRY ABOUT THEIR PARENTS AND PARENTS ABOUT THEIR CHILDREN, WHOM THEY ARE PROUD OF AND TRY TO MAKE THEIR LIVES BETTER,” STAGE MANAGER YULIA TERENTIEVA SAYS.

We thank everyone who supports us on this way



Partners:

:





Fundacja
#HelpNowHUB

2024 WAS AN IMPORTANT MILESTONE IN THE DEVELOPMENT OF OUR ORGANIZATION. WE NOT ONLY STRENGTHENED OUR POSITION AT THE LOCAL LEVEL, BUT ALSO ENTERED THE INTERNATIONAL ARENA. OUR EXPERIENCE SHOWS THAT EVEN A SMALL ORGANIZATION CAN BE AN EFFECTIVE AGENT OF CHANGE BY COMBINING A PROFESSIONAL APPROACH, GENUINE COMMITMENT AND INNOVATIVE WORKING METHODS.



OUR CONTACTS

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