

## Broadcast on Impulse Radio

As part of the promotion of the "Strength is in Us" project, representatives of the Municipal Social Assistance Center in Puławy presented the essence and future activities during its implementation during a broadcast on Impulse Radio.

Below we place the link to listen to the broadcast and the text transcription.

EXPERTS' TALK: Municipal Social Assistance Center: "The strength is in us" project that will strengthen seniors and the disabled!

Another project organized by the Municipal Social Assistance Center in Puławy is titled "Strength is in us" and is addressed to elderly and disabled people. Beata Wagner - director, Anna Górczyńska – project coordinator, and Karolina Mroczek-Chabora - manager of the Specialized Support Center in Puławy - talked about the planned activities.

The idea of the project, the source of funding, the characteristics of the target group - this is where we started the conversation about the project entitled "The strength is in us". "The strength is in us". The elderly and disabled are more likely to be subjected to violence from at least caregivers, and they do not have and do not know the appropriate defense mechanisms. Statistics show that 23% of the population in Poland is over the age of 60. According to Karolina Mroczek-Chabora, the trend will increase, and with it the scale of violence.

In the next part we deciphered the title of the project. Anna Górczyńska, in charge of coordination, talked about the details of implementation - meetings, workshops, consultations with specialists that will fill the educational and training part. The overarching goal of the project is to equip elderly and disabled people with the right competencies, knowledge and assertive behavior that will be helpful in everyday life.

The project's activities are intended not only for the target group, but also for staff, caregivers, cooperators. In parallel, there will be social campaigns to raise awareness of the elderly and disabled. As MOPS director Beata Wagner stressed, the project is also an opportunity for many entities to join in joint activities and institutional cooperation.

Joanna Czajkowska:

Thursday's "Expert Advice on the Air" at the microphone Joanna Czajkowska. Today's experts in the broadcast are the director of the Municipal Social Assistance Center Beata Wagner and Anna Górczyńska, coordinator of the "Strength is in Us" project, as well as Karolina Mroczek-Chabora, manager of the Specialized Support Center on Kołłątaja Street in Puławy. You are very welcome.

Beata Wagner, Anna Górczyńska, Karolina Mroczek-Chabora:

Good morning.

JC:

And we're going to talk about the implementation of a project that will soon launch in Puławy a series of workshops, meetings and events aimed at people with disabilities. The project is titled "The strength is within us." But before about the details of the project, I would like the ladies to introduce us to a certain idea and where they got the funds from, because I think this is quite important.

Beata Wagner:

We got the funds for the Strength is Us project from the Small Grants Fund, these are grants from Norwegian grants. This is another project that we are implementing at the Municipal Social Assistance Center in Pulawy. I would like to add that we have been actively raising external funds since 2006.

JC:

So this is not the first time.

BW:

This is not the first time. This acquisition of external funds is sometimes associated with success, sometimes with failure. But I can say that there are more of these successes, and that makes us very happy. The funds External funds are those from the European Social Fund, Norwegian grants and from various government programs. The funds for the project "The strength is in us" were obtained thanks to a competition announced at the end of that year by the Ministry of Justice, operator of the Justice program. The funds came from Norwegian funds and from the national funds. Within the framework of this program, a call for proposals was announced in December, and we managed to to obtain funds in the amount of 330 thousand for the implementation of all these activities. The activities are aimed to vulnerable people, vulnerable groups, which include people with disabled, people with disabilities, as well as the elderly.

Karolina Mroczek-Chabora :

The need for a project on countering violence against the elderly and persons disabled people stems from the fact that these people are the most vulnerable to experiencing various types of forms of violence. These people are more vulnerable to violence, if only because of biological predispositions: physical ailments, bodily dysfunctions, lack of strength. Physical dependence on a caregiver, who is also a source of harm and suffering, puts them in an extremely difficult position, often depriving them of the ability to defend themselves against violence. Data of the Interdisciplinary Team for Prevention of Family Violence in Pulawy from the last few years show that the Blue Card procedure on average annually involves about 80 elderly people and about 60 people with disabilities, including children. Seniors are a very large group of people in our society. About 23 percent of Poland's population is over the age of 60.

It is estimated that by 2050 this percentage will be about 25 percent. If we analyze the situation demographics of our city, we will notice that there is a clear increase in the percentage of elderly people in relation to the to the total population of Pulawy. In the context of the demographic processes taking place related to the aging of the population, it should be anticipated that the scale of the phenomenon of violence will unfortunately will increase. Indeed, Poland is one of the fastest aging countries in Europe. Therefore, we believe that taking action that can contribute to reducing the scale of this phenomenon phenomenon is very necessary.

JC:

And the information you provide here is very necessary. If only to draw attention to the fact that groups of disabled elderly are indeed subjected to particular such pressures even, exclusion, which in short should be fought against. Therefore, it is very important, these activities, so that there are as many as possible, of course, but, you know, going back to the beginning of our program, funds are needed for this, finances, and it is good that we managed once again, as you Director pointed out, these funds

have been obtained. But about the details, what are the planned events and what will be implemented as part of the "Strength is in Us" project, we will tell you after a short break.

JC:

"Expert advice on the air" on 97.2 FM. Today on the program we talk about the project that will already will soon be implemented in our city. The project is called "The strength is in us," and the experts in the broadcast are the director of the Municipal Social Assistance Center Beata Wagner, as well as Anna Górzyńska project coordinator, and Karolina Mroczek-Chabora, head of the Specialized Support Center on Kołłątaja Street in Puławy. Ladies, the idea you have raised is very important, but let's stop at some details of the events that will be implemented. Ms. Anna, as coordinator of the project knows a lot about it.

Anna Górzyńska:

Let me start perhaps by saying, in reference to what the director said about the fact that this is not the first project in the area of domestic violence prevention, that it is indeed so. But this is the first project dedicated to this group of recipients, namely the elderly and people with disabilities, and I think to myself that this is a very important step towards recognizing the needs.

JC:

Yes, building awareness.

AG:

Yes, of people who, in a special way, because of their functional limitations, are this problem endangered by this problem, so here I express great satisfaction that we will be able to lean on precisely these these issues and support precisely these groups of people. Perhaps I will also pause for a moment on aspect of why such a title was given to this project in the first place. It received this title because such a title it touches on the essence of the problem, which is violence. Domestic violence, which is related to using the advantage of force or power to harm other family members, and that is why it is so extremely important in the case of the victimized is to seek strength and faith in the fact that the violence can be stopped, that it is possible to resist this violence and that it is possible to ask for and that help can be received. Such adding strength of power is to help is to support people abused, is to work on regaining their sense of self-worth and agency, because all this greatly weakens the perpetrator, and thus increases the chance of stopping the violence. And now I will try give you an overview of what activities....

JC:

Because you already have everything planned.

AG:

Yes, we have planned, yes. That is, we will propose various forms of specialized support in order to order to maximize the chances of overcoming violence or preventing it, because it's a also a project dedicated to people at risk of violence, not just those affected by it. The elderly and people with disabilities will soon, in late April or early May, this activity we intend to launch, will be able to receive psychological assistance, legal and psychiatric assistance.

AG:

The duty hours of our specialists will essentially be held at the headquarters of the specialized center of support at 64 Kollataja St. There will be the possibility of telephone consultations, online, but also in justified cases there are justified cases are, which I think is very important, if the person, due to his limitations, will not will not be able to reach the specialist, the support will be able to be implemented at the place of residence of the person. And here I invite all persons who would like to use this form of support. As we are launching this activity soon, as I said.

AG:

A very important aspect of this project will be educational activities, as having knowledge is one of the elements that counteract violence. These educational activities will target different groups of recipients, but I will perhaps start with those who are very important in this project, namely the elderly: participants of the day care center for the elderly, participants of the Senior Club University of the Third Age will take part in a series of lectures such lectures on the phenomenon of violence their rights and how to get support.

AG:

Another group of recipients of the project, which will be covered by educational activities, is the youth with disabilities, for whom we have planned a series of workshops that will raise the level of knowledge about the the phenomenon of violence itself, but above all building safe relationships, assertiveness communication, that is, such social skills that can prevent violence.

JC:

So I understand, Ms. Anna, that the purpose of such workshops, talks is to equip these groups with specific skills.

AG:

Exactly.

JC:

Such defense mechanisms.

AG:

Exactly. These are the kind of preventive, preventive measures that are supposed to bear fruit in the future, when these young people start their families, so that they have as many tools as possible to live in a family, but without using violence, that's the main goal behind these activities.

JC:

A very important aspect especially since, well, let me make this comment, often a lot of models we draw from the media, they are such patterns exaggerated many times, so the help of specialists is really here really no essential.

AG:

That's exactly right. An important group of recipients of these activities planned by us and implemented in the project project will also be caregivers of the elderly and people with disabilities. These are individuals, who are very often physically and mentally overburdened. They are not always prepared to take on the hardship of caring for an elderly, sick or disabled person. They require certainly psychological support, stress relief, but also, according to our observations and experiences, to acquire

such knowledge and skills regarding the needs of those persons over whom they provide care. In this regard, we have provided training for these caregivers, but such a key activity we want to offer will be two support groups. One group is will be a group for caregivers of people with Alzheimer's and dementia diseases and the other group will be a group for caregivers of people with disabilities. And here, too, I cordially invite to contact all those who would like to take advantage of this form of support, because also at the end of April and May we intend to launch these groups at the headquarters of the specialized support center on Kollataja Street. launch.

JC:

Ms. Anna, and I'll ask you a little bit more about the details of this registration, enrollment, that is, I understand, that one can call you to reserve a place to participate in such a training, if someone is, for example, a caregiver for a disabled person?

AG:

That's exactly right. On the website of the Municipal Social Assistance Center in Pulawy we have a tab called the "Strength is in us" project, and in this tab all interested parties can find information about the project. There are recruitment documents there, there are numbers to contact with the coordinator, with the manager, with the people who are involved in this project. You can report to social workers at the Social Welfare Center. Certainly, anyone who expresses interest in participating will be able to take part in this recruitment.

JC:

So a very valuable project indeed, a much-needed detail we are returning to after the break.

JC:

We are back after a musical break. Thursday's "Expert Advice on the Air." Today we are talking about about the "Strength is in Us" project, the experts in the broadcast are the director of the Municipal Center for Social Assistance Social Assistance Beata Wagner, as well as Anna Górczyńska and Karolina Mroczek-Chabora. The ladies here have already introduced us already into the behind-the-scenes of the project, the ideas, who can participate, how to apply, talked about the recruitment documents recruitment documents. We invite you to visit the website, of course. But the project is so comprehensive that it also includes staff training. Ms. Anna, here you still have quite important information to to share

AG:

Representatives of services and institutions that work in the field of domestic violence prevention. This is that cadre whose competence is extremely important and in all our projects, and I am glad, that also in this one. There has never been a shortage of offers to improve the competence of these people. In addition to, precisely those services I mentioned training will also be extended this time to those who work directly with the elderly and people with disabilities. We call it that, that they provide support services to these people. These groups of professionals will take part in several training courses. As I said, raising those competencies necessary to work with violence, That is, here I mean diagnosing the problem of violence against the elderly and people with disabilities, contacting such people, understanding their needs, providing support and necessary assistance precisely as they experience violence from their loved ones.

JC:

Director, still we ask for an addendum here.

BW:

I would like to emphasize that the beneficiary of the "Strength is Us" project is the municipality of the city of Pulawy. It is one of eight municipalities that received funding in this competition, so we can be proud that such funds have reached the city of Pulawy, and these are funds that are fully financed from the Norway, they do not require an own contribution, so all the more so for the city of Pulawy it is a great opportunity for the introduction of new forms of support and coverage of groups, particularly vulnerable groups, about which we we are talking about all the time. The implementer of the project, like most social projects in the city of Pulawy, is the Municipal Social Assistance Center in Pulawy. The project at various stages of its implementation, and therefore at the level of recruitment, at the level of implementation of the substantive tasks that the mentioned by a colleague, as well as at the level of implementation of social campaigns, will require the cooperation on the part of various institutions. Therefore, it seems to us that such a key moment is to invite these institutions to cooperate with us and to support us for this year in our activities on behalf of individuals and groups that are particularly vulnerable. We are talking here especially about the District Court in Pulawy, about the District Police Station in Pulawy, about the District Family Assistance Center, about the Commission for Solving Alcohol Problems or the Addiction and Co-Dependency Therapy Clinic. All of these institutions work in the area of social assistance, and all are able to support us in the carrying out these tasks.

BW:

Every new project means new opportunities and new possibilities, so we are glad that these funds will allow us to us to help vulnerable groups improve the competence of the staff who work with these groups work with them, as well as to strengthen inter-institutional cooperation, because this cooperation helps to work better in this area and helps to help people more effectively.

JC:

And besides, such actions all the time make the public aware of the needs of people with disabled people, elderly people and how they accentuate the presence of these social groups, which is very important.

Anna Górzyńska:

That's exactly right. And it is in connection with this that a campaign has also been planned in the project social campaign, within the framework of which we will undertake a lot of different initiatives such informational and educational, aimed at the general population of our city. There will be Internet messages, media in the local television, radio, press. There will also be a festival with the participation of seniors and people with disabilities. There will be a conference bringing together the entire community of people involved in the affairs of the elderly and disabled in our city. There will be a lot of activities. We are committed to to speak out about this problem, to get as many people as possible involved in all the initiatives that are possible to help these people and reduce the phenomenon of violence. At this opportunity I would like to encourage all people, especially the elderly, people with with disabilities, but not only to people who are affected by violence, to report this problem; to contact institutions that can help in this regard. I am thinking here of institutions that are authorized, obliged to initiate the Blue Card procedurę Card, that is, first of all, the Social Welfare Center, the police; it can also be representatives of health care, education, also the Municipal Commission for the Solution of Alcohol Problems Alcohol problems. The problem can be reported to the prosecutor's office. In a

situation of direct threat to security, health, life, it is certainly necessary to call the emergency number 112, because the safety of the abused is the most important thing here.

Karolina Mroczek-Chabora:

I may interject here Anna, we may mention that in fact among this social group violence is often well hidden from the public this is due to shame. It stems from fear of the perpetrator and from many other conditions. And in fact, often this neighborhood help and those all the services that the colleague mentioned is very, very important. The actual number of cases of violence is not known, because it is very difficult to make a diagnosis in these communities.

JC:

It's very good, then, that we're talking about it, and let's hope that actions like the Municipal Social Assistance Center, such events, social campaigns will contribute to the growth of public awareness and, above all, give tools to these people to the most vulnerable. Just as the ladies here is stated warmly. Thank you for visiting the studio. Once again let me remind you the expert guests in the broadcast were the director of the Municipal Social Assistance Center Beata Wagner and Anna Górzyńska, coordinator of the "Strength is in us" project, as well as Karolina Mroczek-Chabora, manager of the Specialized Support Center in Pulawy on Kołłątaja Street.

Thank you very much to the ladies.

All the ladies:

Thank you very much.

JC:

Joanna Czajkowska, thank you for your attention and welcome to the next expert broadcast. Of course, on Radio impuls on 97.2 FM