

PART I OF THE AUDITION "EXPERTS' TALKS IN THE ETERN"

JOANNA CZAJKOWSKA :

- "EXPERTS' TALKS IN ETERN" on 97 and 2 FM, Joanna Czajkowska, Good morning. Today we are participating in an unusual conference. The conference is being held at the House of Chemist Cultural Center in Puławy. "The strength is in us" - is the title of the project, and the conference is a very important part of the project. Beata Wagner - director of the Municipal Social Welfare Center presented comprehensive activities, introduced us to the history of already several projects. This is another project that is underway, Director, some such important facts.

BEATA WAGNER:

- The Municipal Social Welfare Center in Puławy has long been implementing activities that strengthen the system, the local system of counteracting domestic violence first, since this year domestic violence. We have always considered that such added value is the implementation of the project. First of all, these are additional funds that we can put to good use. Secondly, it is an opportunity to design such activities that are not standard tasks carried out at the Social Welfare Center. Therefore, we have already introduced projects to strengthen the local system since 2014. The first project was a project financed by the Norwegian mechanism - "I know, I can - to prevent violence". - and he here even introduced a correctional-education project as such an additional activity. The project, which is not a task mandatory of the municipality, rather of the district, but we implemented it, it was very well received by our residents. But as if to me the important issue, in addition to these trainings, in addition to these activities, in addition to this support that we implement in projects for our residents, is the whole vertical of training for social services. And that's where you have to start, that professional help is help of tremendous quality for our residents. If the service workers train, but not only sort of gain knowledge, but also know how to take care of their inner potential, how to deal with difficult situations, we know that this assistance will always be effective, professional, and we will feel that it brings the best for our residents.

This first project, as if to encourage us so much to carry out activities, that we obtained funds from other possible sources, these were also shelter projects from the Ministry of Family Labor and Social Policy. We carried out as many as three projects, and they were also projects aimed at people experiencing violence, for people using violence and for services. And the "Strength is Us" project is a unique project. First of all, it is directed for the first time to a particularly vulnerable group that requires our support and assistance. This is to the elderly and people with disabilities. The project also involves the development of support groups, support groups for these people, but also training for services, improving their professional competence, but also just promoting the idea of preventing violence against the elderly.

JOANNA CZAJKOWSKA:

- Such a slogan appears - elderly people, people with disabilities. It might seem that this is a certain limited group of our society. Meanwhile, forecasts indicate that there will be a great number of elderly people in the outlook, the percentages actually indicate sizable numbers. In view of this, it is very important to educate and awaken public awareness, and this was also discussed at the conference.

BEATA WAGNER:

- Yes, the conference is also implemented within the framework of the campaign -" More power stop violence". - this is another event in this campaign. We want to reach as many people as possible. We know that Puławy is one of the cities that is aging, where the percentage of elderly people is very high.

And I dare say one of the highest in the Lublin province. Therefore, we, as people who somehow create this social policy, should look for solutions and create this social policy in such a way that we reach as many people as possible and talk about how to deal with the elderly, how to create a good quality of life for them, how to build an infrastructure that could counteract the loneliness of these people.

JOANNA CZAJKOWSKA:

- Director, the conference brought together representatives of many entities, you are betting on cooperation and such cooperation extensively.

BEATA WAGNER:

- Yes, first of all we focused on bringing services to the conference, representatives of services implementing the Blue Card procedure, but these are not all our guests, because we also invited other institutions, as well as non-governmental organizations, foundations, associations and entrepreneurs, with whom we cooperate all the time, and we would also like their awareness in this area to increase significantly, but also to understand our need to implement such actions, and we do not hide that we count on their support.

JOANNA CZAJKOWSKA:

- A very important topic, we return to the conversation after the break.

PART II OF THE BROADCAST

JOANNA CZAJKOWSKA:

- Another part of the broadcast "EXPERTS' TALKS IN THE ETERN." Today we host a conference organized by the Municipal Social Assistance Center - "The strength is in us". The conference brought together representatives of many entities, social institutions, schools, but also experts. With me, Mrs. MAJA KUŹMICZ - Good morning.

MAJA KUŹMICZ:

- Good morning. I head the National Emergency Service for Victims of Family Violence Blue Line of the Institute of Health Psychology

JOANNA CZAJKOWSKA:

- You gave an extremely multifaceted lecture that showed violence against the elderly. I will ask you about such a rather difficult issue, the model of violence, the transmission of the model of violence in the family is very difficult to combat, for the reason that hidden within the four walls and often lack of tools.

MAJA KUŹMICZ:

- That's true, but let's keep in mind that most children, because we're mainly talking about them in terms of modeling, spend most of their lives in schools, so this home modeling is, undergoes some kind of correction and can undergo, provided the children are in contact with a different model of entering into relationships. That's why it's so important, it's important for us to talk about anti-violence, about respect, about treating each other well, about such basic issues, if only during educational hours in schools.

JOANNA CZAJKOWSKA:

- Education is very important, Society will get older and older, these are the facts. Violence has different faces, physical violence, economic violence, sexual violence, physical violence. Which is the most difficult to fight?

MAJA KUŹMICZ:

- Well, I think that in the case of the elderly and people with disabilities, this neglect is such, in my opinion, an underestimated type of violence, we often forget at all that this neglect exists, indeed it is also punishable, and it is really very dangerous in terms of threatening the health, even life, of a person who is dependent on their caregiver, for example.

JOANNA CZAJKOWSKA:

- Let's not be indifferent, this is a slogan that can be such a cure to counter violence.

MAJA KUŹMICZ:

- Let's not be indifferent, let's be socially responsive, I would also add this, that is, let's react to the slightest signals of violation of someone's comfort. It doesn't always have to be a reaction with police intervention, yes?, but let's just pay attention to each other and tell each other what looks wrong, how we can do things differently, because violence also has different sources. It's not that all of a sudden it just, suddenly appears as a full spectrum of violence, sometimes it is born slowly, sometimes it is due to some helplessness, powerlessness. So if we are attentive to each other in general socially responsible, we reduce the risk of these violent behaviors.

JOANNA CZAJKOWSKA:

- Violence does not only affect pathological families, sometimes it is dressed in very decent even comfortable conditions.

MAJA KUŹMICZ:

- I think that nowadays we should no longer associate violence with such situations of so-called pathology at all, violence itself is pathology, yes? So we can say that it reaches different social structures, it affects doctors, prosecutors, psychologists, police officers, here there is no, there is no division, so we can no longer say that it is associated, only with some one social system.

JOANNA CZAJKOWSKA:

- Sensitizing the public is a very important issue, which, as you emphasized, should start with such elementary education in schools, and this is what meetings with specialists, for example, serve.

MAJA KUŹMICZ:

- Yes, as much as possible meetings with specialists, but what is happening here in Pulawy, I wanted to emphasize that I am impressed by the project you are implementing here it is a comprehensive offer in fact, because it actually includes activities at every stage and education, expanding the knowledge of society, but also intervention, support activities, prevention, so really a dream project just to watch and download. In the positive sense of the word.

JOANNA CZAJKOWSKA:

- Very nice that Pulawy is part of the map of such cities that counteract, that respond to social violence. Thank you very much, Maja Kuzmicz - speaker at the conference "Strength is in us".

MAJA KUŹMICZ:

- Thank you very much and best regards.

PART III OF THE BROADCAST

JOANNA CZAJKOWSKA:

- We're back after a musical break, the third part of the broadcast "EXPERTS' TALKS IN THE ETERN," hosted at a conference organized by the Municipal Social Assistance Center in Puławy. The conference under the slogan "Strength is in us" is an important part of the project, and I will devote the third part of the broadcast to an interview with Karolina Mroczek- Chabora, project coordinator.

- Ms. Karolina, you presented at the conference many activities also such unconventional ones, which are aimed at supporting people who work, care for the elderly, people with disabilities.

KAROLINA MROCZEK- CHABORA:

- Good morning, and welcome to you. Yes, the project envisages comprehensive support and for people experiencing violence, for people who work professionally against violence, as well as work in support centers for the elderly and people with disabilities. Such a basis for us is support for this group, a particularly vulnerable group, namely the elderly and the disabled. We provide individual support, psychological support, legal support, psychiatric support, these are such important aspects that we decided to look at here, creating the project. We support family members and caregivers of the sick. A continuation of the activities initiated by the Municipal Social Assistance Center in 2021 is the support group for family members who care for people with Alzheimer's and dementia diseases. Now we are continuing it as part of the project. The second group that has been established is very much such a new element here in our city, it is a support group for people who care for people with disabilities. These people who directly provide assistance and care for dependents are people who are very overburdened and physically and mentally and emotionally, they need support and assistance. Therefore, in order to meet these needs, we organized an away relaxation training as part of the project, which we were able to set up near Kazimierz Dolny.

JOANNA CZAJKOWSKA:

- What is this relaxation training?

KAROLINA MROCZEK- CHABORA:

- We were guided by the idea, first of all, that by taking care of ourselves, we better help the other person. We decided to offer a group of fourteen people, because so many people, participate in the support group, one and the other, such a form of a day off, that is, these people found strength and potential in communing with nature, in relaxation, in yoga, in movement, in meetings with nice, kind people. All this activity allowed them to gain energy and strength to even better overcome these difficulties of everyday life and fulfill their duties. The training was very popular, and not a few people shed a tear that in fact now they are important and we can take care of them.

JOANNA CZAJKOWSKA:

- But you also educate young people, you cooperate with the Specialized Educational Center in Puławy.

KAROLINA MROCZEK- CHABORA:

- Yes, another such very important activity is prevention, that is, the social campaign, the social campaign "More Power - Stop Violence", which in fact can be joined by everyone, the general population of Puławy, not only the elderly and people with disabilities. Such a first great activity was

the festival, which you also hosted, which attracted a very large number of Puławy residents, but we also decided here to support young people from the Special Educational Center. The youth, who participated in workshops and lectures held in the month of October and November, at the facility there. The lectures and lectures were intended to equip the youth, these young people, with something other than such a counterbalance to aggressive and violent behavior. Much here such special attention was paid to assertiveness communication and building safe relationships. The culmination of this cooperation will be a trip for these young people to Warsaw for a performance, as part of preventive and educational activities. Another group was seniors from support centers, Seniors from the Day Care Center for the Elderly, the Senior Citizens Club, as well as the Pulawsk University of the Third Age, with which we cooperated phenomenally, really. And here we thank you very much, a series of lectures and lectures on the prevention of violence and the possibility of obtaining support. This is probably all such a major compedium, which, of what happened. And what's ahead of us? Ahead of us are still relaxation trainings for seniors, a trip for young people, as well as a series of training courses for services, working in the area of counteracting violence, and services and representatives of institutions, providing support and assistance to the elderly and people with disabilities. A very interesting block, some of the trainings will be a continuation of what has been initiated on previous projects, but also new ones, for example, like TSR or motivational dialogue.

JOANNA CZAJKOWSKA:

- Ms. Karolina, really a very broad spectrum of activities, but I congratulate you first of all on the organization of the conference and this substantive level.

KAROLINA MROCZEK- CHABORA

- Thank you very much, I'm also glad that you like it, because it's our goal to attract as many people as possible and that as many people as possible will be confronted with the topic of counteracting violence. Thank you very much.

JOANNA CZAJOWSKA:

- Thank you very much, KAROLINA MROCZEK- CHABORA, coordinator, "The strength is in us" project . Next "EXPERTS' TALKS IN ETERN" on Radio Impulse next week, Joanna Czajkowska, thank you for your attention.

KAROLINA MROCZEK- CHABORA:

- Thank you beautifully!