



Technical and operational report of the Mudita Association 1.01.2022 - 31.12.2022

I. Details of the organisation.

Name: Stowarzyszenie Mudita (Mudita Association)

Address of registered office and correspondence:
Jaracza 24/31, 31-216 Kraków, Małopolskie province

Contact details:

Telephone: +48 794 427 468

E-mail: kontakt@stowarzyszeniemudita.pl

Website: www.stowarzyszeniemudita.pl

Tax Identification Number: NIP 9452234422

Business registration number REGON: 385646873

Santander Bank Polska S.A.: 13 1090 2053 0000 0001 4450 9513

1. Personal composition of the organisation.

Composition of the organisation's governing body – Management Board, Board Members:

- Olga Wojdyńska - President of the Board
- Olga Ślepowrońska - Deputy President of the Board

2. Statutory objectives of the organisation:

- work for the protection of women's rights, minority rights and animal rights;
- combat inequality and social exclusion;
- develop dialogue and intercultural and inter-species relations;
- promote social integration of people with disabilities, the homeless, refugees and immigrants;
- protect the environment;
- promote the prevention of mental health;

- civic education, global education and environmental education;
- promote citizenship;
- promote ethical and sustainable consumption;
- promote responsible animal care.

3. How the statutory objectives are attained.

The Mudita Association gives support to families of people with disabilities by providing psychological, respite, information and logistical support programmes, and also educational activities.

The implementation of the statutory objectives in the reporting year included:

- advocacy for the rights of women mothers and carers of persons with disabilities through outreach programmes, education and information activities - raising awareness about the situation of women taking up care work, and work on demands to improve the situation of persons with disabilities and those caring for relatives with disabilities (Rights Team of the Caregivers' Rights Team of the Our Advocate initiative);
- counteracting social exclusion of people with disabilities and their relatives, supporting their social integration through the implementation of activities aimed at integrating the community, helping with the logistics of everyday life, giving information support to help them cope with the challenges and limitations of their loved one's disability;
- prevention of mental and physical health by implementing projects aimed at giving respite and rest to the relatives of people with disabilities (Flying Spas, Voluntary respite);
- prevention of mental health, by implementing projects providing psychological support to the families of people with disabilities (Helpline, Online Support Groups, individual support talks);
- promotion of citizenship, through the development of projects based on volunteering and mutual exchange;
- supporting social integration of refugees and migrants with disabilities and their families, building dialogue and intercultural relations through the implementation of aid programmes for people from Ukraine who fled to Poland from war, in cooperation with international humanitarian and other organisations;
- promotion of ethical and sustainable consumption and environmental protection and education activities through the implementation of the "Meals of Power" project.

4. Territorial scope of the organisation's activities: nationwide.

5. Business - none.

II. Organisation's activities in the reporting period.

1. Main activities undertaken by the organisation.

1.1. Projects providing respite support for carers and carers of people with disabilities.

- The **Flying Spa** offers massages or beauty services to relatives of people with disabilities. In 2022, 45 people benefited from the project.
- The **Voluntary Respite Care Service** provides ongoing assistance in caring for children or adults with disabilities. In 2022, the project operated in 6 provinces: małopolskie, mazowieckie, zachodniopomorskie, pomorskie, łódzkie, kujawsko-pomorskie. 50 volunteers provided assistance to 55 families.
- **Respite events and meetings** for mothers of children with disabilities and families of people with disabilities in 2022 were held in Cracow and Warsaw.
 - Cracow saw 2 respite events for families and 2 meetings for mothers of children with disabilities.
 - In Warsaw 4 events for mothers were held.
- 8 families of children with disabilities, including 20 children (with disabilities and healthy siblings) participated in the **respite travel** in 2022

1.2. Projects providing psychological support for male and female carers of people with disabilities.

- The **Helpline** provides support from female psychologists. Helpline answered 272 calls in 2022.
- **Online support groups** offer peer support and exchange of experiences under the guidance of a facilitator with psychological training. In 2022, there were 6 groups in which a total of more than 60 people accessed support

1.3. Projects aimed at facilitating the logistics of everyday life and giving access to information.

- **Meals of Power** - a programme combining support for immobile families with saving food from going to waste was implemented.
- **"Feel the Mudita" Christmas campaign** - 25 families of people with disabilities received sweet baked goods before Christmas 2022.
- **Special Task Team 007** - The Mudita Association provides information support on disability and care issues (assistance in finding facilities and specialists in various fields, in obtaining certificates, in solving everyday problems).
- As of September 2022, work was underway on the **"Welcome Package"** - a support tool for parents facing a diagnosis of a disability, illness or special developmental needs of their newborn child. The Welcome Book came out in January 2023.

1.4. Advocacy and women's rights activities and aimed at improving the situation of persons with disabilities and their male and female carers.

- **Coordinating meetings of the Team for the Rights of Female and Male Carers of the Our Ombudsman initiative**, developing and presenting the needs and demands of families of Persons with Disabilities to the Ombudsman.
- **Participation in the organisation and development of the demands of the Protest of Persons with Disabilities and Their Families 2119.**

1.5. Education and awareness-raising activities about the area in which the organisation works, that is the situation of families of persons with disabilities.

- **Publishing informative and educational content on social media and the newsletter on topics related to disability and care** (such as Family Stories series, statements from mothers and other relatives of people with disabilities, awareness-raising content in the area of disability, for instance care work, exclusion of people with disabilities, ways to communicate with people with disabilities, architectural accessibility).
- **Production of Power Podcasts**, which bring the stories of people who are immobile due to their own or a family member's disability to light. 12 podcasts have been published and are available on platforms: YouTube, Spotify, Anchor.
- **Holding workshops and webinars** about communicating and working with people with disabilities and supporting their families:
 - Onsite and online workshop "How to support immobile people?".
 - Webinar: "How to prevent food waste and help others at the same time?".
 - Open online webinar for future volunteers: "Working and communicating with people with intellectual disabilities and autism. Self-regulation of emotions and coping with stress".
 - Online workshop on standards for communication with persons with disabilities.

1.6. Since February 2022, the Mudita Association has been implementing an assistance programme for refugees with disabilities and chronic diseases and their families from Ukraine.

- Mudita Association has held **evacuation** for people with disabilities with their families from war-stricken Odessa (12 people in total).
- An **assistance hotline** in Polish and Ukrainian has been in operation since February 2022, providing information support to people with disabilities on formal, administrative, legal issues, assistance in finding adapted housing, specialised medical care, rehabilitation equipment, therapeutic, rehabilitation, educational facilities for children and adults with disabilities.
- In June 2022, two **Reception Desks** (in Cracow and Warsaw), adapted to the specific needs of persons with disabilities and chronic diseases, started operating. The Desks provided temporary accommodation, food, psychological care, medical

support, legal consultations, information assistance, Polish language lessons, as well as meetings, workshops and consultations in cooperation with NGOs.

- Approximately 1,500 families gained support through the Helpline.
 - Over 300 families received shelter at two reception desks.
 - Polish language classes conducted at the reception desks were attended by approx. 300 people.
 - Almost 400 people (adults and children) benefited from psychological support at reception desks).
 - 275 transports for refugees were held, for example from railway stations to reception desks, medical facilities, offices.
 - More than 700 people were registered through reception desks in financial support programmes organised by Polish Center for International Aid and Polish Humanitarian Organisation.
- **Female mobile assistants** in Cracow and Warsaw helped people with disabilities to deal with official matters, get to offices and medical appointments, and provide translation during these visits.
 - Since December 2022, the **Ukrainian Respite Assistant** programme has been implemented to support the care of a child or adult with a disability. Five families were supported by respite assistants by the end of 2022.
 - In order to prevent mental health, to counter exclusion, and to integrate the community, **9 support groups** were set up with the participation of:
 - persons with disabilities from Ukraine,
 - parents and other relatives of persons with disabilities from Ukraine,
 - parents and other relatives of persons with disabilities from Ukraine and Poland.A total of 81 people attended at least one support group meeting.
 - We launched a **newsletter in Ukrainian and Polish** containing important information and communication for people who come from Ukraine to Poland.

2. Information on the number of recipients of the organisation's activities during the reporting period.

Number of recipients of the organisation's activities:

- Helpline - 272 successful calls
- Voluntary Respite - 55 families
- Flying Spa - 45 persons
- Respite events - approximately 70 persons
- Respite travel - 8 families, including 20 children
- Support groups (Polish and Ukrainian combined) - 140 people
- Evacuation from Ukraine - 12 people

- Helpline support for refugees from Ukraine - 1495 calls
- Shelter at reception desks - over 300 families
- Polish language classes - approximately 300 people
- Psychological support for people from Ukraine - approximately 400 people
- Ukrainian Respite Assistance - 5 families
- Transport of persons with disabilities coming from Ukraine (for example from railway stations to reception desks, medical facilities, offices) - 272 persons

III. Personnel of the organisation during the reporting period.

1. Employees and persons employed under a civil law contract.

1.1. Number of persons employed by the organisation under an employment relationship:

- number of persons : 27
- number of FTEs : 25.75 FTEs (twenty-two full-time, three 3/4 , three 1/2)

1.2. Number of persons employed by the organisation under a civil law contract: • number of persons: 33

2. Members.

2.1. The organisation has members: yes.

2.2. Number of members of the organisation as at the last day of the reporting period

- number of natural persons: 3
- number of legal persons: 0

3. Volunteering during the reporting period.

3.1. The organisation benefited from services provided by volunteers (According to the Act of 24 April 2003 on public benefit activity and voluntary work, volunteers are persons performing unpaid and voluntary work for the benefit of the organisation, regardless of whether they are persons not related to the organisation, members, employees, persons providing services on the basis of a civil law agreement or representatives of the organisation's authorities): yes.

3.2. Number of volunteers performing a service for the organisation during the reporting period:

- number of persons: 144

4. Partner entities during the reporting period.

4.1. Public sector entities: World Health Organization, International Organization for Migration, City Hall of Krakow, City Hall of Warsaw.

4.2. Private sector entities: Fundacja BNP Paribas - BNP Paribas Bank Polska S.A., IKEA Retail Sp. z o.o., Rossmann SDP. Sp. z o.o., CRIDO, Euroclear Bank, Cisco Kraków, Dentons Europe Dąbrowski i Wspólnicy sp. k., Active Academy, YOPE Sp. z o.o., Sylveco Sp. z o.o., UADO, MagoVox Company, Instytut Terapii Funkcjonalnej "Dzielny Miś" (Brave Bear Institute), Fundacja Castorama (Castorama Foundation).

4.3. Non-governmental sector entities: Polska Akcja Humanitarna (Polish Humanitarian Action), Netherlands Refugee Foundation, Fundusz Feministyczny (FemFund), Ogólnopolska Federacja Organizacji Pozarządowych (National Federation of Polish NGOs), Polskie Forum Osób z Niepełnosprawnościami (Polish Forum for Persons with Disabilities), Fundacja Wspierania Rozwoju Dziecka (Foundation for the Promotion of Child Development), WADI, Global Fund for Children, VOICE Amplified, Unitarian Universalist Service Committee, Mercy Corps, Global Fund for Children, McKinsey for Children, Fundacja Avalon (Avalon Foundation), Fundacja Integracja (Integration Foundation), Stowarzyszenie Interwencji Prawnej (Association for Legal Intervention), Stowarzyszenie Wiosna (Spring Association), Fundacja Zustricz (Zustrich Foundation), Centrum Praw Kobiet (Women's Rights Centre), Fundacja Akceptacja (Acceptance Foundation), Fundacja Akcja Menstruacja (Menstruation Action Foundation), Międzynarodowa Organizacja Innowatorów Społecznych Ashoka w Polsce (Ashoka Poland), Fundacja Stocznia (Shipyard Foundation), Humanity in Action Polska, Fundacja Pomagam.pl (Pomagam.pl Foundation).

Appendixes:

- Mudita Association's 2022 financial report.