

Humanitarian project application

Organisation name	Establishment "Shklou District Social Service Center"
Address	Republic of Belarus, Mogilev region, Shklou, 31 Pochtovaya str.
Position of the contact person	Director
Name, surname of the contact person	Irina Anatolievna Smirnova
Contact details for liaison	802239-95-932
The project title	Psychological relief room
The Project duration, years	3
The Target group	People with disabilities, elderly citizens, persons from among orphans and children left without parental care, citizens in difficult life situations, victims of domestic violence, employees of the Shklou RCSSON, large families, single-parent families, families whose children are recognised as being in a socially dangerous situation, citizens in need
Place of project realisation	Republic of Belarus, Mogilev region, Shklou town, 31 Pochtovaya street; institution "Shklou District Social Service Centre"
Justification of the problem taking into account the baseline situation in the project region	There are 1,102 families with underage children registered with the Shklou Regional Centre for the Prevention of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment. Of these: 399 families with many children, 511 single-parent families, 111 families bringing up a disabled child, 72 families whose children are recognised as being at social risk, 9 families whose parents are disabled of group I(II). There are 6,448 pensioners in Shklou district, of whom 3,696 are single and 404 are living alone. There are 58 victims of domestic violence and 23 orphans. The staff of the "Shklou Regional Centre for Social Assistance" consists of 105 employees. Life in modern society is full of stresses and unforeseen situations, and the strain on the human psyche is constantly increasing. Every year the intensity and saturation of the information flow increases, which often lead to psycho-emotional tension, cause increased anxiety, aggressiveness or, on the contrary, apathy in a person, and all this affects relations in families. The purpose of a room with a multisensory environment is inherent in the name itself. The combination of different stimuli (music, colour, smells, tactile sensations) has a different effect on a person's mental and emotional state - both soothing, relaxing and tonic. Reboot for employees of Shklou RCCSON to avoid emotional burnout and overwork
Project Aim	Rehabilitation of disabled persons and their families, persons from among orphans and children left without parental care, large and single-parent families, elderly citizens, people in difficult life situations, victims of domestic violence, employees of the Shklou RCCSON institution, by providing them with correctional and psychological assistance
Project Summary	Equipment of the psychological unloading room for psychological assistance and psychological unloading. Acquisition of a mobile phone to provide psychological assistance within the framework of the "Helpline" will allow citizens to receive psychological counselling at any convenient time
Planned number of trenches	1
Currency	USD
Total	1500
Donor funds	1500
Co-financing	0

Further activities at the end of the project	The implementation of the project will improve the microclimate in families. The psychological unloading room will be used in work with persons of different categories. Up to 10 citizens can visit the psychological unloading room daily. That for a year approximately will make 2520 citizens. These are families bringing up minor children, disabled people, pensioners, persons from among orphans, specialists of the institution "Shklou Regional Centre for Psychological Support". In the conditions of this room it is possible to relieve fears, neurotic states, conduct correctional classes and psychological counselling. The sensory room will help to isolate from the outside world, relieve tension, cope with problems, relax and get a charge of positive emotions. Acquisition of a mobile phone to provide psychological assistance within the framework of the Helpline will allow citizens to receive psychological counselling at any convenient time
The envisaged objectives during the project work	Overcoming crises at different stages of life for different categories of citizens, strengthening family relations; Maintaining the psychological health of citizens, reducing neurotic disorders; Relieving psycho-emotional tension and stimulating the senses by equipping the psychological relief room with sensory equipment; Stabilisation of the psycho-emotional state of the institution's specialists; activation of various functions of the central nervous system by creating an enriched multisensory environment; Reducing internal anxiety of citizens, gaining self-confidence; Charging with positive emotions, creating a good emotional background
Description of project activities	Monitoring of manufacturers and sellers of equipment required for the project implementation; interior design; equipment purchase; selection of preferred manufacturers and sellers, taking into account the safe operating conditions of the equipment; equipping a psychological relief room (orthopaedic modular mat, sensory table for sand sessions, equipment with light and sound effects, aromatherapy equipment, salt lamp, shelving, table, dense curtains); project implementation analysis; coverage of the project implementation in the district mass media; Development and distribution among the population of booklets on the functioning of the psychological relief room and methods of psychological assistance; purchase of methodological aids for conducting training sessions (individual, group) and classes for the institution's employees; Development and accumulation of materials (games, exercises, lectures, methods, trainings, classes) for the work of a psychologist in the psychological relief room with various categories of citizens
Expected Result	Implementation of the project will improve the microclimate in families; The psychological unloading room will be used in work with persons of different categories; Up to 10 citizens can visit the psychological unloading room every day. This will approximately amount to 2,520 citizens per year; These are families raising underage children, disabled people, pensioners, persons from among orphans, specialists of the Shklou Regional Centre for Social Assistance and Social Security; In the conditions of this room it is possible to relieve fears, neurotic states, conduct correctional classes and psychological consultations; Sensory room will help to isolate from the outside world, relieve stress, cope with problems, relax and get a charge of positive emotions; Acquisition of a mobile phone to provide psychological assistance within the framework of the Helpline will allow citizens to receive psychological counselling at any convenient time