

## SUMMARY OF ACTIVITIES

# PoMOCna KAWA #5



## LET'S GET TO KNOW EACH OTHER MANAGING HELP

**13** ORGANIZATIONS PARTICIPATED IN THE MEETING (Fundacja Leny Grochowskiej, Ukrainian House in Warsaw (Ukraiński Dom w Warszawie), Polish EMDR Therapy Association (Polskie Towarzystwo Terapii EMDR), Koper Pomaga Copernicus Group Łódź Foundation, Alivia Foundation, Centrum Pomocy Humanitarnej My z Wami, Bażantowo Katowice Foundation, CultureLab Foundation, and others).

### Multiple activities - one goal

In the course of PoMOCna Kawa conversations 7 organizations decided to speak up and present their activities. All of them support Ukrainian citizens by offering various types of assistance. Presented below are just some of the areas discussed during the meeting in which the listed foundations operate, together with their needs:

#### **Koper Pomaga**

·Humanitarian aid shipments to the war zone, food and housing assistance in Poland  
CHALLENGES - lack of food and warm clothes

#### **Polish EMDR Therapy Association**

·psychological help - trauma therapy using the EMDR method  
CHALLENGES - lack of people wanting to use their psychological services

#### **Alivia Foundation**

·Legal and financial help, as well as housing assistance for cancer patients  
CHALLENGES - lack of financing

#### **Fundacja im. Leny Grochowskiej**

·collective housing, labor incentivization  
Ukrainian House in Warsaw  
·volunteer assistance - psychological and legal help, translation, housing assistance  
CHALLENGES - lack of volunteers

#### **Bażantowo Foundation**

·accommodation point, material and financial support  
CHALLENGES - integrating refugees into the local population

#### **Akcja Humanitarna My z Wami**

·humanitarian convoys  
CHALLENGES - lack of food

## Success stories

In addition to talking about needs and challenges, we also collect positive stories. We are very happy to share a story told us by a representative of the Alivia Foundation, who stressed that PoMOCna Kawa meetings serve as a source of inspiration for her.

- The Alivia Foundation provides care to cancer patients who were forced to leave Ukraine. At the beginning of the conflict, the association provided care to a large number of patients. After a few months, however, it saw a significant drop in interest. The solution came at a meeting of PoMOCna Kawa, where one of the meetings touched upon the subject of reaching out to refugees with information about the nature of the help offered. Therefore, Alivia Foundation put the emphasis on promotion, and at the moment the number of care-recipients has increased again. It turned out that the reason for the outflow of patients was not a smaller number of needy people, but insufficient information.

Through the course of the PoMOCna Kawa meetings, there is an exchange of help between organizations. Individual teams inspire each other to take new actions or make improvements and better solutions in their activities. We are very happy about this!

## We react to the changing situation!

- The changing situation of refugees makes it necessary for NGOs to identify their most pressing changing needs. At the moment, refugees who are staying in Poland are mostly people who came here a few months ago and are likely to stay for longer. Naturally, they have very different problems than those fresh arrivals would. That's why many foundations, in response to these changes, are adjusting their response.

### The Ukrainian House in Warsaw

currently does not offer so much financial or material support. It focuses on volunteer work to the extent needed by those planning to stay in our country for the long term. Therefore it is mainly offering assistance in finding housing and jobs. Their activities include: legal advice on rent, translation of resumes, nostrification of diplomas.

### Fundacja Leny Grochowskiej

organized temporary residences in the beginning of the war. It now runs homes where mothers with children can live for extended periods of time. In doing so, it focuses heavily on the integration and vocational incentivization of said women. Polish lessons are taught in each home, and the foundation works closely with municipal authorities to find job offers.

### The Bażantowo Foundation

no longer offers shelter. Instead, it supports migrants moving into apartments - by offering them household appliances, for example. Foundation members pay attention to the emotional needs of those experiencing the refugee crisis. They are thinking of solutions to provide them with a sense of stability and security. They are looking for opportunities to organize meetings for refugees so that they can feel part of a community and exchange help and information with each other.

- During the meeting, we also discussed the fact that the situation with the arrival of huge numbers of refugees could happen again. NGOs are anxiously preparing for winter. They are receiving less and less funding and in-kind support from donors.

### Deloitte

a consulting and management firm, has come up with a solution to the problems of NGOs. It designed an online tool to streamline the work of foundations seeking support for their activities. The company's employees visited our PoMOCna Kawa to learn about the organization's problems. They presented an outline of their project, which was met with great interest by those present.

*CONTACT: If you want to get in touch with a specific organization, email [mapujpomoc@culturelab.pl](mailto:mapujpomoc@culturelab.pl). We also encourage you to join the closed group for NGOs, where we share knowledge and resources, seek inspiration, and let you know about grants: <https://www.facebook.com/groups/mapujpomoc>*