

Humanitarian project "Success in Every Step: Sport for All"

State Institution "Territorial Center for Social Services for the Population of the Zavodskoy District of Minsk"

<u>Project name:</u>	"Success in every step: sport for all" 
<u>Implementation period:</u>	2 years
<u>The applicant organization proposing the project:</u>	State Institution "Territorial Center for Social Services for the Population of the Zavodskoy District of Minsk" Department of Social Habilitation, Rehabilitation of the Disabled (hereinafter referred to as the Department)
<u>Project goal:</u>	• Creation of sports and game conditions for the development of physical qualities in disabled people, improvement of physical health and emotional state, strengthening of the body of disabled people with mental disorders through motor activity in the department.
<u>Tasks:</u>	• Increasing independence and social activity among people with disabilities. • Creation of new communicative ties by expanding the circle of communication and acquaintances. • Improving and strengthening mental, emotional and physical health. • Increasing the level of social rehabilitation. • Organization of a set of measures within the framework of individual rehabilitation programs.
<u>Target group:</u>	Citizens with disability groups I and II enrolled in the Department of Social Habilitation and Rehabilitation of Persons with Disabilities. Among them are individuals with severe and multiple disabilities, individuals with hearing impairments, individuals with visual impairments, and wheelchair users.
<u>Substantiation of the problem taking into account the situation in the region</u>	In the Republic of Belarus, and in particular in the capital, Minsk, there has been a steady increase in attention to social inclusion and improving the quality of life of people with disabilities. However, despite the efforts of the state and public organizations, a significant part of citizens with disabilities still faces limited access to adapted sports and game programs and conditions for regular physical activity.

	The Zavodskoy district of Minsk is characterized by dense urban development and high population density, which imposes additional difficulties on the organization of specialized sports grounds and programs for people with special needs. The infrastructure of the district does not always take into account the needs of people with mental disabilities, which leads to the physical and social isolation of this category of the population. The lack of systematic physical activity negatively affects the physical health of citizens, worsening their functional capabilities, reducing the level of endurance and general physical fitness. In addition, a sedentary lifestyle contributes to the development of concomitant diseases, reduces the emotional and psychological state, which in turn complicates social adaptation and rehabilitation. In the context of modern challenges associated with the pandemic and restrictions on mass events, the relevance of creating safe, accessible and adapted sports and play conditions for people with disabilities is becoming especially important. Regular physical education classes contribute not only to strengthening the body and improving health, but also increase self-esteem, form communication and interaction skills, and maintain emotional balance. Thus, the humanitarian project "Success in Every Step: Sport for All" is aimed at solving a complex problem - creating conditions for regular physical activity of people with disabilities in the Zavodskoy district of Minsk. This will improve their quality of life, promote social inclusion and develop physical and emotional resources, which is important for both participants and society as a whole.
<u>Substantiation of social significance and relevance</u>	The department was opened in September 2009 and is aimed at assisting in the social, social, labor and socio-psychological rehabilitation of people with disabilities in the conditions of semi-inpatient service. One of the main activities is the formation of a stable motivation for a healthy lifestyle among visitors, the promotion of moral and volitional qualities, the development of mental processes and personality traits. Classes for clients visiting the branch are held both in groups and individually. As part of the organization of this project, a survey of clients with their legal representatives was conducted about the need for this project.
<u>Brief description of project activities</u>	<u>Preparatory stage</u> 1. Attracting stakeholders to participate in the project. 2. Involvement of specialists for consultations: a) sports (methods for mastering the technique of performing exercises). b) medical (indications and contraindications) c) volunteers d) parents 3. A psychologist to form an interest in sports and a commitment to a healthy lifestyle. <u>Main stage</u> 1. Purchase and delivery of the necessary equipment. 2. Conducting classes. 3. Holding sports events. <u>Final stage</u>

	1. Analysis of the effectiveness of the implementation of the goals and objectives of the project. 2. Placement of information on the results of the work done on the website of the administration of the Zavodskoy district of Minsk. 3. Informing about the project, covering the progress of work in the media, social networks.
<u>Project content:</u>	This project is aimed at improving the quality of social services provided to disabled people who attend the department on a permanent basis, assistance in planning and organizing everyday life, non-medical support for adaptation outside the family. Active recreation is necessary to increase independence and social activity, create new communicative ties by expanding the circle of communication and acquaintances, improving and strengthening mental, emotional and physical health. Active recreation includes leisure, sports and game activities, both individual and group, as well as participation in sports events held for citizens visiting the department.
<u>Total funding (in United States dollars):</u>	Total Funding (in USD): \$51849.12 1. Gymnastic rope 3 meters (3 pcs) – \$33. 2. Hula-hoop massage hoop (3pcs) – 111\$. 3. Inflatable balls (3 pcs) – \$15. 4. Smooth fitball 65 cm (3pcs) – \$282. 5. Electric pump for balls – \$52. 6. Tennis table – \$457. 7. Tennis rackets – \$61. 8. Tennis balls – \$42. 9. Table tennis net GAMBLER BATTLE – \$43. 10. Novus (sea billiards) – \$301. 11. Tactile checkers – \$59. 12. Traumatic tiles 500x500x40 mm. (60 pcs.) – \$1802. 13. Consumables: installation – \$149; glue – \$114. 14. Аэрохоккей Weekend Black Diamond Pro 53.120.07.0 – \$1693. 15. Football set: Demix chips (40 pcs) – \$252. 16. Hippotherapy subscription for 1 year (15 pcs.) – \$4708. 17. Gymnastics subscription for 1 year (15 pcs.) – \$4708. 18. Swimming pool subscription for 1 year (15 pcs.) – \$8598. 19. Dolphin therapy subscription for 1 year (15 pcs.) – 11670\$ 20. Floor mat (2 pcs.) – \$96. 21. Gymnastic wall (Swedish wall bar V) – \$133. 22. Dumbbells (10 pcs.) – \$80. 23. Basketball hoop with net – \$19. 24. Wooden slide with soft sides – \$25.92. 25. Cotton rope with fasteners – \$16.64. 26. Comboboxer Silometer Ride – \$7290.56 27. Mixer for making oxygen cocktails, cocktail "Spum-2A" - \$154.88. 28. Food composition mixture for oxygen cocktails (3 pcs.) – \$46.08.

	29. Interactive Speedball slot machine – \$5705.28. 30. Soft modules "Constructors" - \$520. 31. Soft modules "Puzzles" - \$520. 32. Soft developmental module "Sun" - \$158. 33. Alpin Luxury B-205 bicycle ergometer – \$413.76. ✓ Treadmill NORDICTRACK ELITE 2500 – \$1520.
<u>Project location:</u>	Republic of Belarus, Minsk, Varvasheni str., 20/3
<u>Expected results:</u>	Increasing the emotional state, improving the development of coordination of movements, basic physical qualities: strength, dexterity, speed of reaction, motor abilities through the game. Formation of skills for independent physical exercises during play leisure. Promotion of a healthy lifestyle, education of social activity, responsibility among people with disabilities.
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