Project name: «The day care sanatorium»

1	**Project name**: «The day care sanatorium»
2	**Project duration** (years) 1
3	Applicant organization, offering project: **Name:** **Institution** «Lelchitsy territorial center of social service of the population» (hereinafter referred to as the Center) **Address:** The Republic of Belarus, Gomel region, Lelchitsy district, Lelchitsy town, Sovetskaya street., 82 **Responsible person:** Andrievskaya Lyudmila Nikolaevna, director; **Contact information for communication**: Phone numbers: +375 2356 21572 +373447255183
4	**Target group**: Elderly citizens and citizens with disabilities, receiving social services in the Center.
5	**Place of project implementation**: Territory and premises of administrative building of the Center.
6	**Justification of the problem, taking into account the initial situation in the project region:** There are no health resorts in the district providing wellness services for the population. Due to the territorial remoteness of the district ,the features of the psychological and physical health, not all needy are able to obtain health improvement services outside the region. The Center is functioning for the provision of social services and social support to citizens in difficult life situations: temporary shelter services, consulting and information services, social household services, social patronage, social intermediary, social rehabilitation services and care services. Currently in the Center social assistance at home receive 637 elderly and disabled, social adaptation and rehabilitation on the basis of the day care department is provided to 34 individuals with disabilities, the day care department for elderly citizens visit 97 people;

	One of the activities of the day care department is promotion of healthy lifestyle and implementation of social rehabilitation activities. «The day care sanatorium» will become that place ,where recipients of services can restore their physical strength and psychological state in pleasant and calm atmosphere. Using the technology of « The day care sanatorium» is aimed at promoting the processes of general health improvement of the body by using aromatherapy and phytotherapy, yoga sessions and massage techniques.
7	**Project goal:** To create specially equipped rooms and areas in the Center for wellness sessions of phytotherapy and aromatherapy, wellness yoga sessions and the use of massage techniques by: -utilizing collected fruits, herbs and plants, grown and gathered by elderly citizens and individuals with disabilities who receive social services in the day care departments and on their own plots for phytotherapy and aromatherapy; - conducting wellness yoga sessions and massage techniques with the involvement of trained specialists among the Center's staff for wellness yoga sessions and massage techniques. **Information about humanitarian project:** The arrangement of premises for the operation of a phytobar, aromatherapy and wellness massage, acquisition of necessary furniture and equipment (bar counter, tables, chairs, dishes, thermo pot, equipment set for preparing oxygen cocktails, aroma lamp, air conditioning unit, massage table, sanitary equipment, antiseptic solutions and others). Purchase of consumables (massage and essential oils, disposable medical sheets, inventory and cleaning supplies for facility maintenance).
8	**Objectives planned for implementation within the project:** -development of new forms and methods of psychophysical unloading and work therapy; -creation of a wellness and developmental environment; - promotion of a healthy lifestyle; -expanding the range of services for elderly citizens and individuals with disabilities.
9	**Brief description of events within the project:** -preparation of premises, their arrangement for phytobar, aromatherapy, yoga and massage zones; -installation of furniture and dishes;

	-installation and connection of equipment; -preparation of the place for phytoground, planting medicinal herbs, plants and shrubs (identification of collection and storage areas); - conducting the work sessions of phytobar, aromatherapy, yoga and wellness massage. The total amount of funding (in US dollars) 25000
10	**Source of funding**: The total amount of funding (in US dollars) 25000 Donor funds:22 500 Co-funding: 2 500
11	**Expected results:** Improving the mental and physical condition of elderly citizens and individuals with disabilities; Introduction of new forms and methods of physical and psychological rehabilitation and habilitation of elderly citizens and individuals with disabilities; Health promotion, disease prevention and habit formation of leading a healthy lifestyle of elderly citizens and individuals with disabilities.
12	**Further activities at the end of the project**: Care for phytoground, maintenance of the equipment of phytobar, aroma room, yoga and massage zones in good and working order , current repairs in premises, defined for these services; Introduction of new forms and methods of physical, psychological and work rehabilitation (habilitation) of elderly citizens and individuals with disabilities using equipped rooms ,areas and implementation of other wellness measures.