

## Humanitarian project application

Organisation name	State Institution "Restyansky Social Boarding House "Priozerny"
Address	3, Priozernaya village, Chausky district, Mogilev region, 213205.
Position of the contact person	Principal
Name, surname of the contact person	Elena Viktorovna Semenova
Contact details for liaison	+375 2242 7-30-88
The project title	"PHYTOHEALTH CENTER"
The Project duration, years	1
The Target group	Senior citizens and people with disabilities living in a social boarding house
Place of project realisation	Territory and premises of the institution
Justification of the problem taking into account the baseline situation in the project region	The Priozerny social boarding house in Restyan was established for permanent nursing care or assistance, household services and medical care for residents. At present 235 people live in the institution. One of the directions of activity of the social boarding house is popularization of a healthy way of life and carrying out of actions of social-rehabilitation orientation. The phyto-bar will become the place where the residents in a pleasant and quiet atmosphere can restore their physical and mental strength. The use of phyto-bar technology is aimed at promoting the processes of general recovery of the organism of elderly citizens through the use of phytotherapy in combination with those methods of recovery that are used in the institution
Project Aim	To create a specially organized area in the institution for making and drinking phyto-tea and oxygen cocktails prepared on the basis of collected fruits, herbs and plants grown by residents of the social boarding house in a specially planted phyto-garden
Project Summary	Arrangement of space for phyto-bar, purchase of necessary furniture and equipment (bar counter, tables, chairs, dishes, thermopots, a set of equipment for making oxygen cocktails, etc.). Laying out a phyto-garden on the territory of the social boarding house with planting of seedlings, herbs and plants. Purchasing equipment for phyto-garden maintenance
Planned number of trenches	1
Currency	BYN
Total	25500
Donor funds	25000,00
Co-financing	500,00
Further activities at the end of the project	Maintenance of the phyto-garden, keeping the phyto-bar equipment in good working order and condition, carrying out current repairs in the premises, introduction of new forms and methods of physical, psychological and labor rehabilitation (habilitation) of disabled and elderly citizens on the basis of the phyto-garden and phyto-bar, implementation of other health-improving activities
The envisaged objectives during the project work	Development of new forms and methods of psycho-physical unloading and occupational therapy; Creation of a health-improving and developmental environment; Popularization of a healthy lifestyle; Expanding the range of social, health-improving and informational services for residents
Description of project activities	Preparing the space for the equipment of the phyto-bar; arrangement of the room for the phyto-bar with the installation of furniture and utensils; Installation and connection of equipment; site preparation and phyto-gardening, planting of medicinal herbs, plants and bushes
Expected Result	Improvement of the mental and physical condition of residents of the social boarding house; introduction of new forms and methods of physical and mental rehabilitation and habilitation of people with disabilities; Strengthening the health of residents and ensuring disease prevention; Formation of healthy lifestyle habits