

ACTIVITY

REPORT

2021

Esperando Association is a non-profit organization of people with disabilities and parents of children with disabilities.

Gives meaning to the lives of those with physical disabilities



Esperando has been providing professional, integrated, holistic, personalised social services for children, young people and adults with physical and related conditions/disabilities on a continuous, day-to-day basis since 2001.

With specialists in the field and exceptional facilities, Esperando is the place to find the highest quality services:

- Physiotherapy (postoperative/posttraumatic, recuperative),
- physiotherapy (electrotherapy: tens, interferential, diadynamic, galvanic, trabert, faradic, neofaradic, exponential, Russian stimulation, rectangular pulse, triangular pulse), ultrasound, magnetotherapy, laser therapy,
- thermotherapy/paraffin wraps,
- massage (medical, relaxation, facial, etc.),
- andullation massage - infrared and reflexology,
- reflexotherapy,
- acupressure,
- detoxification in a water bath,
- psychological intervention,
- Pranic Healing therapy,
- occupational therapy,
- independent living skills - relearning to walk, hygiene activities, dressing, eating, etc.,
- club or leisure activities (dance therapy, music, art, play, etc.)
- socialisation,
- informal and non-formal education,
- adapted transport.

Our beneficiaries are given a personalised and individual treatment plan and work 1 to 1 (specialist - patient).

Through the integrated services we offer, families can enjoy a moment of respite.

Gives meaning to the lives of those with physical disabilities

Mission, vision and values

Esperando's mission is to bring fulfillment to the lives of those with physical illnesses/disabilities, removing uncertainties and fears about the future.

Esperando's vision is a world in which the lives of people with physical conditions/disabilities follow the same course as anyone else in the community.

The values we believe in and by which all of us in the Esperando family are guided are:

- soul and high values,
- excellence in services and activities,
- living in community,
- the culture of humanity and kindness,
- we also work, we don't wait with our hands up,
- we think sustainably, we think for the future,
- we compete only with ourselves,

About 2021

Due to the conditions imposed by the pandemic and the increasingly precarious situation of the building in which we have been operating for 11 years, we had to suspend our recovery activity in order to complete the work on the new premises and move everything from the old location to the new location.



Because of this, the Esperando Centre has resumed its activity from March 2021 in the new space on the Colony of the Founders.

After 19 years of activity, Esperando Association has managed through immense efforts to acquire its own, larger space, where it will be able to offer rehabilitation services for as many people with disabilities as possible, in a suitable environment, respecting the rules imposed by the COVID 19 pandemic and close to nature.

It is with great joy that we have opened the doors of the centre to people with physical ailments/disabilities, both old and new beneficiaries.

Gives meaning to the lives of those with physical disabilities



The beneficiaries of the services are children, young people and adults with neuro-motor disabilities, mainly with cerebral palsy from Baia Mare and beyond.

March 2021

At the beginning of March, ladies, young ladies, mothers and grandmothers were surprised by their loved ones with the Esperando trinkets made with the contribution of people with physical disabilities, and sold at the stand we had located in Mara Park in Baia Mare. This was a way of self-financing. Every day, beneficiaries of Esperando Association were present at the stand.



This month marked new beginnings for Esperando and for children, young people and adults with disabilities. It meant new people, new procedures, new building, new dreams.

This month we restarted recovery procedures at the new centre, where we renewed contracts with beneficiaries, warmly welcomed new beneficiaries, got to know them, assessed them and offer them quality services, together with new specialists, who are ready to work with them to achieve progress, giving them a life as close to "normal" as possible.

The month of March brought us sunshine, joy and old friends. So, in the courtyard of the new Esperando Centre, we resumed a fun and useful activity for Esperando children and young people. This time the activity was organized together with our volunteer and old friend, Remus Diaconu, a specialist both national and international boxercise champion, who is always by our side when it comes to exercise.



Although we have moved to our new premises, it still needs some rehabilitation works.

In order to complete the work as quickly as possible, we have started a fundraising campaign via SMS: Donate 2 EURO, with the text "Chance", to 8841.

This was publicised on our social pages, in print and online, on TV and radio.

With the help of the old beneficiaries, the integration of the new beneficiaries has been much easier, all of them following rehabilitation programmes such as: physiotherapy, massage, reflexology, Andullation, counselling, assistance and care, non-formal and informal education.



Gives meaning to the lives of those with physical disabilities

April 2021

The month of April came with new challenges for both the staff of the association and the beneficiaries of the centre. This month saw the resumption of activities in terms of developing independent living skills: cooking, healthy living, sports, etc. It was a cause for joy for people with special needs, as they had accumulated setbacks during quarantine, not being able to follow their recovery and socialization programs.

Since April, two days a week, 4 hours a day, we had 3 foreign volunteers from Team For Youth: Marta, Micki and Moritz. They carried out different activities with the beneficiaries, in different age categories, but especially adapted to their needs, so that each time they learnt useful things for their daily life through play.

Also this month we have resumed the activity of the dance club. Where, movement and good will were predominant, and it was popular music that brought them together and gave them reasons to smile.



May 2021

May started with a little holiday, the Easter break.

After that we resumed the activity, with the help of the beneficiaries we took care of cleaning Esperando's garden to practice independent living skills.

We resumed the "parties" on the occasion of birthdays, and the joy of the beneficiaries was beautifully visible.

Speech therapy recovery was done only from the third week and physical recovery continued according to the individual plan of each beneficiary, depending on the condition.

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On 31 May, we celebrated Children's Day with our beneficiaries and their parents, and we prepared for each beneficiary a package of toys, adapted to their age.

In this way we tried to bring extra joy to the children and young people of Esperando. The gifts they received brightened their day and filled their hearts with happiness.

June 2021

On one of the days, the beneficiaries together with international volunteers Micki and Moritz prepared vegetarian lasagna. It was both fun and exercise for them. In the end, the result was as expected, a delicious and healthy lasagna.

On 10 June, we celebrated Andreea with fun and games. Even this time there was a delicious surprise, the cake.

On the same day, Remus Diaconu, together with Micki and Moritz organised a workout of good cheer, outdoor movement and lots of energy in a Boxercise session.

On 11 June, together with students of the 10th H class from the "Vasile Lucaciu" Baia Mare National High School, we started the landscaping of the green space on Colonia Topitorilor.

They worked to prepare a suitable area where Esperando beneficiaries could enjoy outdoor activities.

Also this month, we received the wonderful news that Esperando Association has won the opportunity to enter a mentorship program through the BridgeForBillions platform in a competition to develop the social enterprise Infinity Health by Esperando. This program provides strategic support in terms of management, business development, employer branding and organizational expansion to expand our services into the Romanian market and beyond.



July 2021

On 1 July, we launched the Social Enterprise - Infinity Health by Esperando. Health and Healing.

A new concept of social engagement, rooted in the Esperando Association and the Esperando Recovery Centre.

After 20 years in the field of medical recovery, we decided it was time for the centre's specialists to expand their services to the general public.

Thus, Infinity Health was born, created for healing and health,



all holistically thought out, from physical to mental, emotional and spiritual, for all people in a difficult time.

Now, all members of the community with locomotor, rheumatological, post-traumatic, neurological sequelae, spinal disorders, etc. can benefit from our expertise.

At Infinity Health we are guided by the following.

- innovation and dedication.
- personalised treatment according to the patient's condition.
- client safety and confidentiality
- we promote involvement and solidarity

All these therapies are carried out by responsible, committed and dedicated people.

Profits made through the Infinity Health social enterprise will support part of the rehabilitation and employment activities offered by Esperando Association to people with disabilities.

Also this month, the PHOTOVOICE event of the ABLE2ACT project took place.

It was organised by international volunteers Micki, Moritz and Marta together with young people from Esperando. The event was designed to introduce people to the world from a different perspective. From Esperando, two young people, Vlad and Zoly, were involved in this project. They took photos in the city in areas difficult to access for people with disabilities. These photos were printed and each photo had a description. This event took place at the Petre Dulfu County Library.



On 22 July, the DIS ABLE2ACT team hosted a table tennis workshop for people with disabilities in Baia Mare, to which Esperando beneficiaries were also invited. After a short warm-up, the coaches explained the basic moves and rules. Then the participants were grouped around tables and practiced their new learning skills together.

On another day, because it was summer, we left the city, to the countryside, in the middle of nature, where the special young people from Esperando together with the volunteers and some parents had a good time, did different learning activities and also re-experienced.



Gives meaning to the lives of those with physical disabilities



We always try to combine the useful with the pleasant.

On 27 July, together with European and Romanian educational volunteers, our young people carried out manual activities, developing their practical skills and more.

August 2021

Recovery sessions and educational activities continued this month.

On 6 August, young people from Esperando, together with volunteers Butica Violeta and Maria Selejan, created paper birds and spirals. They coloured them, cut them out, enjoyed seeing what they managed to make, but also practiced their manual skills.

On 10 August, Denisa, a student at a renowned Baia Mare high school, chose to spend part of her summer holiday differently.

She came to the Esperando Centre together with Micki, our volunteer from Sweden.

Together they designed and carried out educational activities for young people with special needs.

It's rewarding to see young people getting involved in voluntary activities, adding a positive touch to our society.

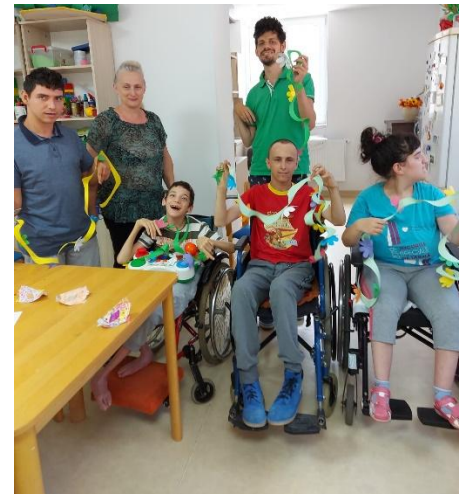
On 12 August, our young people and children had a delicious surprise offered by a pizzeria in Baia Mare.

The management of the pizzeria contacted us saying that they wanted to give joy to the people with special needs at Esperando.

So, he sent them a pizza by the metre with which they delighted their taste buds. It was a delight!

Also in August, we were delighted to be informed that Esperando Association scored 8.7 in the customer rating, making it a winner in the Health Hawks.

A surprise parcel sent me a diploma and a plaque with a congratulatory letter. The Health Hawks logo is associated with quality of service and customer satisfaction in the medical field, and we simultaneously outperformed 52.5 thousand other companies in Romania in this respect. On 18



Gives meaning to the lives of those with physical disabilities

August, Micki and Denisa returned to Esperando Center with ideas for fun and educational activities for our young people.

September 2021

Starting this month, a special education class will be held at the Esperando Centre, with teachers from the School Centre for Inclusive Education (CSEI), in which 3 young people from Esperando and 3 other young people from outside the Centre will participate. September 1st brought new activities with our volunteers. Education, socialization and lots of involvement.

The 5th meeting of the Reserve a Lane For the Disabled project took place from 8-10 September 2021.

This was the final meeting of the project, which took place in Baia Mare, and was attended by partners from Turkey and Romania, and partners from Portugal, Spain, Poland to participate online due to the situation generated by the COVID 19 pandemic.

On the first day of the meeting, discussions were held on issues related to the development of the project, the results/achievements so far were presented, issues related to the conclusion of the project were discussed, and with regret, the programming activities, which could not be organized due to the pandemic, were also discussed.

On the second day of the meeting, in the DruRelax premises, the partners from Turkey and Romania carried out water demonstrations with the young people with special needs involved in the project. There was an exchange of learning/information related to adapted swimming.

This was a strategic partnership project in which Esperando Association organized free adapted swimming lessons, on a weekly basis, for people with disabilities aged 16 to 25, from Baia Mare and surrounding areas.

The project was co-financed by the European Commission through the Erasmus+ programme.



Proiect – noi oportunități de învățare la Esperando

Din luna octombrie a acestui an, Asociația Esperando derulează proiectul "C.E.S. - Cultura-de la Educație la Sănătate". În cadrul acestui proiect vor fi organizate o serie de workshopuri și activități educative de tip nonformal, în colaborare cu specialiști din diferite domenii, care vor realiza activități de: terapie prin muzică, terapie prin dans, terapie prin teatru și mimică, terapie prin mestepuguri și terapie prin pictură.

Proiectul are ca scop îmbunătățirea vieții persoanelor cu dizabilități din Baia Mare, prin educarea și implicarea voluntarilor din domeniul cultural, a tinerilor din școli, în activități terapeutice, culturale, educative și de socializare.

Activitățile artistice pot vindeca și produce efecte benefice, oferind persoanelor posibilitatea de a își exprima non-verbal emoțiile negative, furia, anxietatea, temerile, neliniștea, tristețea. În concepția unor specialiști, creativitatea este cea care ajută la vindecare, pentru că în general oamenii au emoții și abilități despre care nu sunt conștienți. În cadrul sesiunilor de terapie prin artă (cultură), participanții sunt încurajați în a folosi arta așa cum o înțeleg ei pentru a atinge obiectivele terapeutice.

Proiectul se va derula vreme de 3 luni și este cofinanțat de către Municipiul Baia Mare conform Legii 350/ 2005.

Pagină realizată de Iulia B. MUREȘAN

October

2021 October came with super news. We were informed that the project "C.E.S. - Culture - from Education to Health" in the field of culture was approved. Within this project a series of workshops and non-formal educational activities will be organized in collaboration with specialists from different fields: music therapy, dance therapy, drama and mime therapy, craft therapy and painting therapy. The project aimed to improve the lives of people with disabilities in Baia Mare, by educating and involving cultural volunteers, young people from schools, in therapeutic, cultural, educational and social activities. It ran for 3 months and was co-financed by the Municipality of Baia Mare according to law 350/2005. On 6 October, we marked World Cerebral Palsy Day with our beneficiaries. We all wore green, the symbolic colour of the day. The green ribbons gave a distinctive touch to Esperando t-shirts, reminding us of this condition that makes life extremely difficult for many people. Cerebral palsy is a permanent neurological disorder caused by damage to the brain, and makes life difficult for over 17 million people worldwide. The majority of Esperando beneficiaries suffer from this disorder, which primarily affects body coordination and movement: reflexes, posture, balance, making it difficult to perform daily activities. 1 in 3 people cannot walk and 1 in 4 people cannot talk.



People around the world are being urged to support people with cerebral palsy.

They have the same rights and opportunities as all other members of society.

Let's not forget their existence and support them at every opportunity to better integrate into the community.

On 15 October, the Esperando Centre turned 20!

The year 2001 was the year when the first rehabilitation centre for children with physical disabilities was established in Baia Mare.

During these 20 years of activity, we have always looked for solutions to offer integrated services of the highest quality and support to all those who asked for our help.



Although at times it has been difficult, we have not given up and have moved forward to fulfil our mission: to bring fulfilment to the lives of those with physical conditions/disabilities, removing uncertainties and fears about the future.

Looking back, after 20 years of activity, we have the satisfaction and joy of having participated through our work in changing hundreds of lives, changing the mentality about the integration and participation in social life of people with disabilities, and fulfilling a great dream, to have our own space, big enough, where we can carry out our work in the best possible conditions, to support as many people in need as possible.



years and:

- hundreds of lives changed,
- thousands of hours of therapy,
- dozens of therapists involved and motivated to help children and young people with disabilities,
- thousands of integration programs,
- a space close to nature, large enough to carry out complex, integrated activities for people with disabilities and beyond.

On 18 October, we celebrated Andrei, beneficiary of Esperando Association. Friends sang "Happy Birthday" to him and together they enjoyed the taste of a delicious cake.

On 19 October, the first music therapy session of the project "C.E.S. - Culture - from Education to Health" took place. Project co-financed by the Municipality of Baia Mare according to law 350/2005.

This workshop was organized with Mrs. Alina Andreicuț, and the young people had a great time, singing, experimenting with the sounds of different musical instruments, and even dancing.

It was a learning experience that gave them the opportunity to have a different kind of therapy, to get out of the daily rhythm and enjoy the sound of music.

On 23 October, we had the great pleasure of having some of our Rotary Club members join us. They stopped by to enjoy together a great achievement, which was made possible thanks to the support they gave us.



It is an elevator that will make it possible to move our beneficiaries to the upper floor, where we have rooms for massage, psychotherapy, speech therapy and other educational activities.

We thank the members of the Rotary Club Baia Mare 2005, because thanks to them, people with disabilities will have access to all rehabilitation rooms.

From 22 to 31 October, we were partners in a beautiful project organized by Baia Mare Value Centre, the campaign "Be an ambassador of good deeds!".

As part of the campaign, children were encouraged to donate toys, educational games, books or school supplies for less fortunate children and were rewarded with a gift voucher and a diploma. For the duration of the campaign, a special place for donations was set up at the info point in Baia Mare Value Centre. This gave new opportunities to smile and to make people smile.

The donated items reached people with special needs through Esperando, but also beneficiaries of other organizations with which Esperando collaborates:

- Mansio Association, which deals with the education of disadvantaged children in Firiza,
- Baia Mare Autism Association, which provides rehabilitation services for children and young people with autism,
- the Baia Mare North University Research and Training Centre Association, which looks after children whose parents are abroad.

We thank all the children who donated and in this way did a good deed, but also the whole team from Baia Mare Value Centre, because by organizing this campaign they supported the idea of giving "life" to old toys and brought smiles on the faces of dozens of children.

On 26 October, a new music therapy session took place, where, in addition to the benefits of this therapy, the participants enjoyed socializing and happy moments spent with their friends, and on 28 October, a new workshop took place within the project "C.E.S. - Culture - from Education to Health". It was the day of dance therapy.



Young people and children from Esperando moved to the rhythm of music, letting the sound take over all their senses.

Dance therapy is a combination of psychotherapy and dance, through which movement can influence the state of mind, with participants expressing and communicating through movement, which helps our beneficiaries to develop and improve their movements. Beneficial effects are produced on a physical, mental and emotional level.

November 2021

Again this month, dance and music made a good team, contributing to the recovery of children and young people with physical conditions.

As part of the project "C.E.S. - Culture - from Education to Health", new music and dance therapy sessions took place.

At one of the music workshops, two students from Mihai Eminescu National High School were also present, who were very involved in this activity.

10 November was the day when the drama and mime therapy sessions started.

Our young people "got into the game" and expressed their feelings and emotions through different theatrical actions/games. It was fun and interactive, but mostly therapeutic.

November 17 brought a new kind of activity in the project "C.E.S. - Culture- from Education to Health", the first crafts workshop, which took place over several days.

As Christmas was approaching, our young people, under the careful guidance of a specialist, took the first step in making paintings on glass.

They reproduced images representative of the Christmas celebration, they outlined and painted icons, real works of art. A particularly beautiful and enjoyable activity.

A real therapy!

November was also a busy month in Santa's workshop at Esperando, where work was in full swing. Santa's elves prepared various ornaments waiting to adorn homes for the holidays.

This month was also a month of preparations for the official opening of the new headquarters.



The event was to take place on 3 December, on the occasion of the International Day of Persons with Disabilities, but also because in 2021, we celebrated 20 years of activity.

December 2021

How could we mark the International Day of Persons with Disabilities and our 20 years of activity more beautifully if not by inaugurating the new Esperando headquarters.

The event took place on 3 December, bringing together friends of the Association who have supported us in the rehabilitation of this building (sponsors, donors) and representatives of institutions in Maramures,

We wanted to thank officially, personally, the friends who have been involved financially or physically in the realization of this great dream - the rehabilitation of the new space!

A place dedicated to recovery, socialisation and adapted education.

An integrated centre with excellent conditions, close to nature, offering the highest quality services, with friendly specialists, eager to help and achieve results with both children and adults.

We thank all those who have supported us, and chosen to support people with special needs by creating this optimal place for the development of their physical, mental, communication and social skills, so that they can integrate into community life.

On the same day, Santa Claus sent his performances with gifts for the children and young people of Esperando. Thank you, Metropolitan Life for this joy!

From December 7 to 23, we participated in the Christmas Charity Fair. Esperando Association had a little house in Mara Park, where those looking for a gift could purchase our truly special products, thus having the opportunity to make a joy to those to whom they give, but also a good deed. There were handmade products, one-of-a-kind designs, made with much love and dedication.

The proceeds from the sale of the products went to support the rehabilitation services offered to people with disabilities at the Esperando Association, a centre set up by parents of children with special needs.

By giving love, we receive love!



Gives meaning to the lives of those with physical disabilities

Also in December, the friends of "Fernezium - Fernezely - Fernsee, real history" started the campaign "Give a toy out of love!".

As part of this campaign, those who wanted to bring extra joy to the children and young people with physical ailments at Esperando, donated toys, and at the same time provided new opportunities to smile.

On 17 December, the conference "Culture as Therapy" took place, the final event of the project "C.E.S. - Culture - from Education to Health".

It was organised at the Esperando Association's headquarters and brought together stakeholders involved in the project: beneficiaries, parents, specialists and volunteers.



Specialists from different cultural fields, who held workshops for people with special needs, spoke to those present about the use of art for therapeutic purposes, but also about the experience they had with the participants in the project.

They all agreed that these meetings were beneficial for both therapists and beneficiaries, the latter discovering new skills.

Prizes were awarded to the most involved participants in each of the areas in which workshops were held and the project's presentation brochure was launched.

The project was carried out with the support of Baia Mare Municipality according to the law 350/2005.

Starting from 23.12.2021, because holidays are an occasion for joy and moments spent with loved ones, but also a reason to celebrate the achievements over the year, Esperando Association entered a mini holiday.

Services offered

Esperando Center has been providing assessment, diagnosis, treatment and rehabilitation services for children, youth and adults with neuro-motor disabilities for over 20 years.

With specialists in the field and exceptional facilities, Esperando is the place to find the highest quality services:

physiotherapy/medical gymnastics,

physiotherapy, electrotherapy (all types of currents - dyadynamic, tens, interferential, ultrasound, magnetotherapy, laser therapy, etc.),

thermotherapy (paraffin),

reflexotherapy,

massage, facial recovery massage,

acupressure,

Andullation therapy,

Pranic Healing therapy,

psychotherapy

DVI - independent living skills,

informal and non-formal education,

occupational therapy,

socialization,

therapy through dance, music, art, play,

adapted transport.

PERSONALISED AND INDIVIDUAL TREATMENT PLAN.

Through the integrated services we offer, families can enjoy a moment of respite.

We work 1 to 1 (specialist - patient) and we respect appointments.

Partnerships

Projects 2021

Title of the project: "C.E.S. - Culture - from Education to Health", in the field of culture.

Project goal: to improve the life of people with disabilities in Baia Mare, by educating and involving volunteers in the cultural field, young people from schools, in therapeutic, cultural, educational and social activities.





Description: A series of workshops and non-formal educational activities will be organised in collaboration with specialists from different fields: music therapy, dance therapy, theatre and mime therapy, craft therapy and painting therapy.

Period: October 2021 - December 2021

Financed by: Municipality of Baia Mare according to law 350/ 2005.

□ Title of the project: "REAL - Reserve A Lane for the Disabled".

Due to the situation caused by the COVID 19 pandemic, all project activities have been cancelled and the project period has been extended.

Project partners: Suleyman Demirel University; Esperando Association; Fundacion Universitaria San-Antonio -UCAM; Rightchallenge - Associação; Akademia Humanistyczna-Ekonomiczna w Lodzi; Isparta Genclik Hizmetleri ve Spor Il Mudurlugu;

The aim of the project: is to teach young people with disabilities, aged between 16 and 25, to swim, develop self-confidence, learn social skills and integrate with other members of society. The secondary aim of the project is to examine best practices in adapted swimming from different countries and apply them in our country. In this context, the aim is for swim trainers to develop their training methods, swimming techniques, eating habits and motivational tactics by observing them in the field and exchanging ideas with each other.

Short description of the project: This was a strategic partnership project, in which Esperando Association organised free adapted swimming lessons on a weekly basis for people with disabilities aged 16 to 25 from Baia Mare and surrounding areas.

Period: 19.11.2018 - 11.2021

Co-funded by: European Commission through the Erasmus+ programme

Thank you to our 2021 sponsors

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EATON Electro-	Pisano Grup
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Maya Pan	Vetimex Business
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Metal Grup	Weeked Kid
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Volunteers in 2021

Predoiu Mihaela	Nagy Monika
Bud Florin	Erdei Dan
Bîrle Gabriela	Debreceni Emma
Gherghel Lidia	Buda Dana
Râpeanu Liviu	Filipaș Valerica
Maksai Ildiko	Bilan Alina
Pop Petrică	

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