ASOCIATIA ESPERANDO

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 disabillities

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 disabillities

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.

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!

Also in December, the friends of "Ferneziu - 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 Humanistyczno-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

4 Brands
Alinseb Distribution
ApiLand
Aquatherm
Asist Real
BIG Impex
Blue Dot Marketing
C.I.S Com
Cargo Alisa
Casa Dobro
Castling Prod Com
Cetina
Costescu Lux
Costescu Tyres
Cressent Import-Export

Damar Trading
Delta Engineering
Automation
Dolix Wave Security
Dozer Agregate
EATON Electro-
3 U R G X F L H
Ecomara Home
Evolutia Dan
Flexibil
Forte Grup
Gionic
Green IT
Grigmar
Grind Colect
Inside Media
Inter Pab
Interforesta
Lourdes Trans
Luminos Labs
Luthera System
M3 Izoglass
Maya Pan
Mega Frigo
Metal Grup
Moldena
New V.I.P. Security
O.M.A. Construct
One It
Online Inlustris
Perla $ P D] R Q L I
PGA Electric
Pisano Grup
Premes
Premium Cars
Prislemn
Pro Fit
Proned Control
Rely VIP Security
Rustic
S.C.M. Unirea
Silvarom
Smart Business
Sosan
Stil Aura
Taffo
Techno Dozer
Tegzo
Timara
Vetimex Business
Centers
Weeked Kid
Xtreme Computers

Volunteers in 2021

Predoiu Mihaela
Bud Florin
Bîrle Gabriela
Gherghel Lidia
Râpeanu Liviu
Maksai Ildiko
3 R S 3 H W U L F
Nagy Monika
Erdei Dan
Debreceni Emma
Buda Dana
) L O L S D 9 D O H U L F D
Bilan Alina

Contact

Asociaţia Esperando
Str. Colonia Topitorilor, nr. 14
oraş Baia Mare, jud. Maramureş, cod 430424
Tel. 0362-401363
e-mail: office@esperando.ro
web: www.esperando.ro
Facebook: Asociatia Esperando