



Fundacja
Poland
Business
Run



Annual Report **2019**

Ladies and Gentlemen,

It is hard to believe, but another intense and exciting year is behind us. I am very happy to inform you that, although there is still a lot of work to be done, we have once again managed to create or continue several important projects to help people with physical disabilities in the broadest sense of the word, including amputees.

Thanks to the Poland Business Run relay, which in 2019 covered 10 Polish cities and over 27 thousand runners, we have obtained funds to subsidise prosthetic limbs, rehabilitation and medical equipment. This kind of help is necessary for many people to start fighting for themselves and return to life before their accident or illness. But that is not all.

On special rehabilitation stays in the Rehabilitation Centre 'Znowu w Biegu' we taught people after amputation to walk on a prosthesis. Thanks to the State Street grant we started a project of professional activation for people with disabilities. We encouraged our charges to physical activity by organizing sports camps and integration trips.

We also continued to focus on prevention and education, drawing attention to the problems of our beneficiaries..

The heart grows when we realize how many wonderful people, institutions and companies have contributed to providing the best possible, comprehensive care for our charges.

On behalf of myself, the whole Poland Business Run team and the beneficiaries, I thank you for this year. I hope that we will meet in the next one with new energy and motivation to help further! Meanwhile, I would like to invite you to briefly return to the past months and read the report summarizing our activities.



Agnieszka Pleci,
President of Poland Business Run Foundation

Since 2016 we have been helping people after amputations and with physical disabilities!

Types of support:

#subsidies for orthopaedic equipment

#rehabilitation

#integration

#professional activation

#physical activity

#education and prevention

Outcome of the 2019 aid.

- 94** total number of beneficiaries
- 41** beneficiaries who have received prostheses subsidies
- 63** rehabilitation stays
- 14** beneficiaries who have received subsidies for orthopaedic equipment
- 38** persons with disabilities who took part in integration camps or trips
- 100** disabled seniors took part in our "Senior Health Centre" programme



Did you know that...

There are 5 to 8 million people with disabilities in Poland.*

59% of them suffer from injuries and diseases of the locomotive system.

*According to the Central Statistical Office - data on the health of Poles from 2014.

Poland Business Run 2019

#subsidiaries #physical activity

Poland Business Run is Poland's largest charitable business relay and the Foundation's main project.



9
cities



1
mountain
location



5-person
teams

27.2 K runners,

who ran to help people with reduced mobility

94 beneficiaries

who received prostheses, valuable rehabilitation hours and orthopaedic equipment thanks to runners' starting fees



Did you know that...

In 2018 there were **12 675** amputations performed in Poland. The number of procedures continues to grow.

Meanwhile, the prices of prostheses and medical equipment exceed the capabilities of most patients. A limb's prosthesis is an expense between **20,000** and even **400,000 PLN**.* Wheelchairs cost between **1000** and **30,000 PLN**.

*Prostheses are individual medical devices and their elements are selected depending on the patient's needs, as well as their health condition, activity, age, etc.

Poland Business Run 2019 Beneficiaries

In 2019, the Foundation received 196 applications for financial support. Thanks to the funds raised, we were able to help 94 people with disabilities.



"I would like to thank all the people and sponsors who supported the Poland Business Run. Thanks to the new prosthesis I will be able not only to move more efficiently every day, but also to increase the load during trainings and cross the boundaries in sport, which were not possible until now. Thanks to you, I believe even more strongly in participating in the Tokyo 2020 Paralympics. 'Thank you' is not enough!

Piotr Kąkol, beneficiary of Poznań Business Run 2019



"Thanks to the co-financing of the prosthesis and rehabilitation, I am back on my feet. Great nods to the runners who make my life change! (...) It is thanks to all of you, among other things, that I can realize myself again, return to work, fulfil my dreams and be active, and continue to help those in need. Thank you!"

Joanna Szyłak, beneficiary of Warsaw Business Run 2019



"Thanks to the support I received from the Foundation, I am able to buy a new prosthesis, which will allow me to practice sport, enjoy an active lifestyle and continue my studies. This is an invaluable help for me, because I will be able to develop further as an athlete, train and fight for medals. I will also be able to represent Poland on the international arena in various disciplines. I am very grateful for all the support! You are great!"

Robert Wydera, beneficiary of Wrocław Business Run 2019



"Great bows to the runners who ran with such great dedication! I received financial help to buy a prosthesis and a rehabilitation stay. Thanks to this, I can return to full fitness from before the accident."

Dominik Skalski, beneficiary of Kraków of Business Run 2019



"I have been disabled since birth and I remember old, uncomfortable prostheses that left a painful mark on my spine. They're much better now! My new leg prosthesis will allow me to enjoy maximum mobility again. I haven't yet reached my full potential, but it's all ahead of me. Thank you all again!"

Marlena Lewandowska, beneficiary of Katowice Business Run 2019



"From the Poland Business Run Foundation I received, above all, renewed faith in people! It is great that there are those who, apart from their passion for running, want to help people with various disabilities. Thanks to the Foundation, I have also met new people - friends who, through their activities, encourage others to act. Thanks to the financial support I will have a new prosthesis, which will allow me to get back on my feet and improve my life comfort. My joy is beyond description. Thank you!"

Włodzimierz Habernik, beneficiary of Poznań Business Run 2019



"The rehabilitation stay gave our son a lot: it was a breakthrough for him; he started walking, stopped protesting while putting on prostheses. (...) We are very grateful for the valuable advice, approach and help in looking at our situation differently."

Patrycja Szymańska, mum of 2-year-old Oliwier, beneficiary of Wrocław Business Run 2019



"According to the opinion of people with disabilities, good quality prostheses are very expensive, often out of reach, while the amounts of funding from PFRON that can be obtained for this purpose are disproportionately low, not giving a chance for good equipment."

"Study of the needs of disabled people" carried out by State Fund for Rehabilitation of Disabled Persons (PFRON), page 120.

Beneficiary Day

#integration

Every year for one day Krakow turns into a magical place where our charges meet. This year's Beneficiary Day was celebrated with culinary workshops, a wheelchair basketball show, as well as consultations with specialists.

Adaptive Snow Camp 2019

#rehabilitation #integration #physical activity

Second edition of Adaptive Snow Camp - a week-long snowboarding camp in Szczyrk for people after amputation and with physical disabilities was another opportunity to try their hand at winter sports.

Project Partners: **Szczyrk Mountain Resort**

Integration in Kraków-Częstochowa Upland

#integration #physical activity

We know how valuable integration and mutual exchange of experiences among people with disabilities is. Therefore, this year for the first time we organized a weekend integration trip dedicated to this group. Several people spent time together on hiking, rehabilitation exercises and shared entertainment.



"Thanks to the co-financing of the prosthesis and rehabilitation, I am back on my feet. Great nods to the runners who make my life change! (...) It is thanks to all of you, among other things, that I can realize myself again, return to work, fulfil my dreams and be active, and continue to help those in need. Thank you!"

Joanna Szyłak, beneficiary of Warsaw Business Run 2019





Safe Holiday

#integration #physical activity
#education and prevention

Thanks to the Safe Holiday event, pupils of Krakow's primary schools learned how to anticipate the consequences of their actions and recognize potential threats while resting by the sea, in the mountains or in the city.

Project Partners:

Wawel, City of Krakow, RMF FM

Senior citizens' project for Seniors

#rehabilitation #integration #physical activity
#education and prevention

Together with the Rehabilitation Centre 'Znowu w Biegu', we helped seniors to take care of their health and fitness. As part of the project co-financed by ASOS, people aged 60+ took part in weekly rehabilitation trainings, specialist consultations, trips and excursions.

Partnerzy projektu: **ASOS, Znowu w Biegu**

Day camps for disabled children

#integration #physical activity #education and prevention

This summer in Krakow, children with disabilities could spend their holidays in a different way than before. During the week-long stays of the day camp - our pilot project - they took part in sports, cooking, art and ceramics activities, visited the radio studio and the zoo. Meanwhile, their parents and guardians could take a little breather.

Partnerzy projektu: **City of Krakow**



ON - professional activation project

#integration #professional activation

#education and prevention

It was to us who received the first in Poland High Impact Grant from State Street Foundation. The "Centre for Vocational Education for People with Disabilities" project assumes a number of activities for the years 2019-2021. The participants of the programme, under the constant care of trainers, career advisors and psychologists, will gain practical knowledge and learn the best ways of professional development.

So far, as part of the project, we have conducted training courses for corporate employees to prepare them to work in a team where the person with a disability is participating. We have also organized rehabilitation trainings, consultations with a career counsellor and integration trips for people with disabilities who want to return to the labour market. The next stages of the project will follow soon.

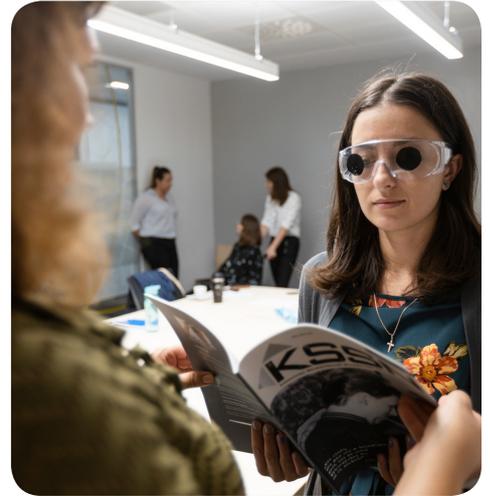
Summer Mountain Camp 2019

#rehabilitation #integration #physical activity

During the first summer hiking camp in the Kłodzko Valley, people after amputation and with motor dysfunctions slept in tents, camped by the campfire, walked along the forest paths and, most importantly, integrated. The project was organized as part of the State Street grant.

Project Partners: **State Street**





Co-operation with the 'Znowu w Biegu' Centre

#rehabilitation #physical activity #education and prevention

For a year now, there has been a space in Kraków where our beneficiaries and all people with motor disabilities are being professionally rehabilitated, educated and return to fitness and life "on the run again". It is the only place in Poland, specializing in helping people after amputation.

11 months

months of operations of the Centre

23 week-long rehabilitation stays

with learning to walk with prosthesis

63 amputee patients

from all over Poland

Adapted sports

#rehabilitation #integration #physical activity
#education and prevention

In 2019, we decided to expand our activities to develop adapted sport in Poland. We established the Sports Initiatives Centre Foundation, which, in cooperation with Karcher Hall of the 100th anniversary of Cracovia Sports Centre for the Disabled, will organise a number of sporting events for ON.

Special parasports sections will be created, where people with disabilities will start their adventure with physical activity and healthy competition.

"Qualitative studies have confirmed that physical rehabilitation aimed at improving the physical fitness of the body is of particular importance for people with motor dysfunction. The representatives of this group are particularly exposed to the aggravation of ailments and deterioration of their health condition due to insufficient access to therapeutic and recovery rehabilitation."

"Study of the needs of disabled people" carried out by State Fund for Rehabilitation of Disabled Persons (PFRON), page 122.

Volunteering

Only 11 people work at the Poland Business Run Foundation on a daily basis (three Agnieszkas, Marta, Patrycja, Angelika, Klaudia, Agata, Kornelia, Marek and Kamil). But our initiatives are also supported by irreplaceable Volunteers - from schoolchildren to seniors, who create many projects with us.

If you also want to help people after amputation and with physical disabilities, to engage yourself and your employees in activities for the benefit of others - we welcome your cooperation.



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Fundacja
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Do you want to help us help?

**We are inviting you to contact us
and cooperate with us!**

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