



Current Affairs Forum

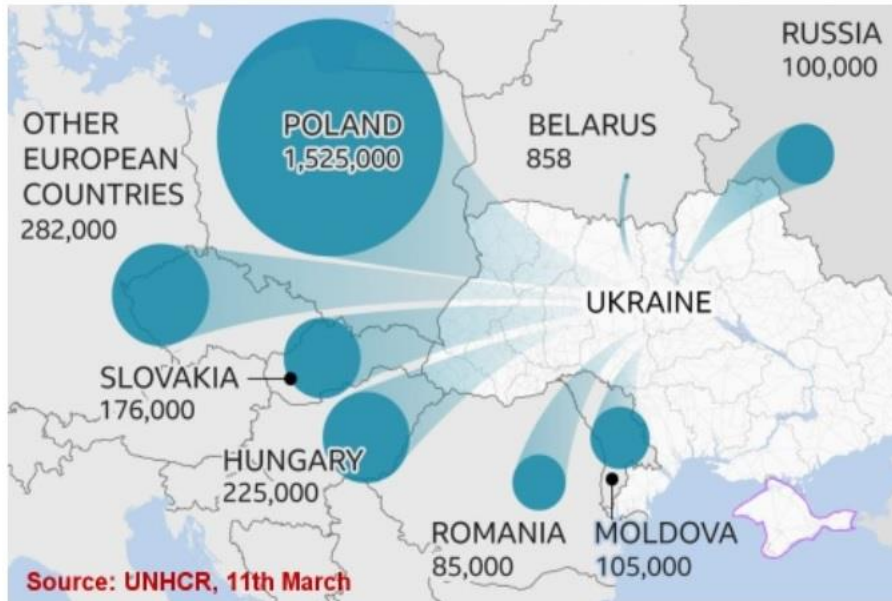
Hosted by Tom Holloway



This group provides a platform for lively but *polite* discussion of Current Affairs, national and/or international. We currently meet on the first thursday of each month, at 3pm (UK time). The topic of each meeting is selected in advance, and advertised here and on the [World U3A Forum webpage](#).

Please join us at 3pm on Thursday 5th May

Integration of Polish seniors and carers of the elderly from Ukraine



This talk by **Dr Anna Grabowska**, based in Gdansk, Poland, will provide an update to the current refugee situation.

Anna Grabowska was born in Gdynia, lived in Sopot and Gdansk, and studied in Gdansk University of Technology; she dreams about a small flat with garden in Osowa.

She will talk about the innovation Support Networks, "Integration of Polish seniors and carers of the elderly from Ukraine" in times of peace and in times of war. She is a member of the [U3A Communities Steering Group](#).



Szpital Miejski im. Św. Wincentego a Paulo

BORN IN GDYNIA

Obrońców Westerplatte

12 YEARS IN SOPOT

Osowa

A SMALL FLAT IN OSOWA

Obrońców Wybrzeża

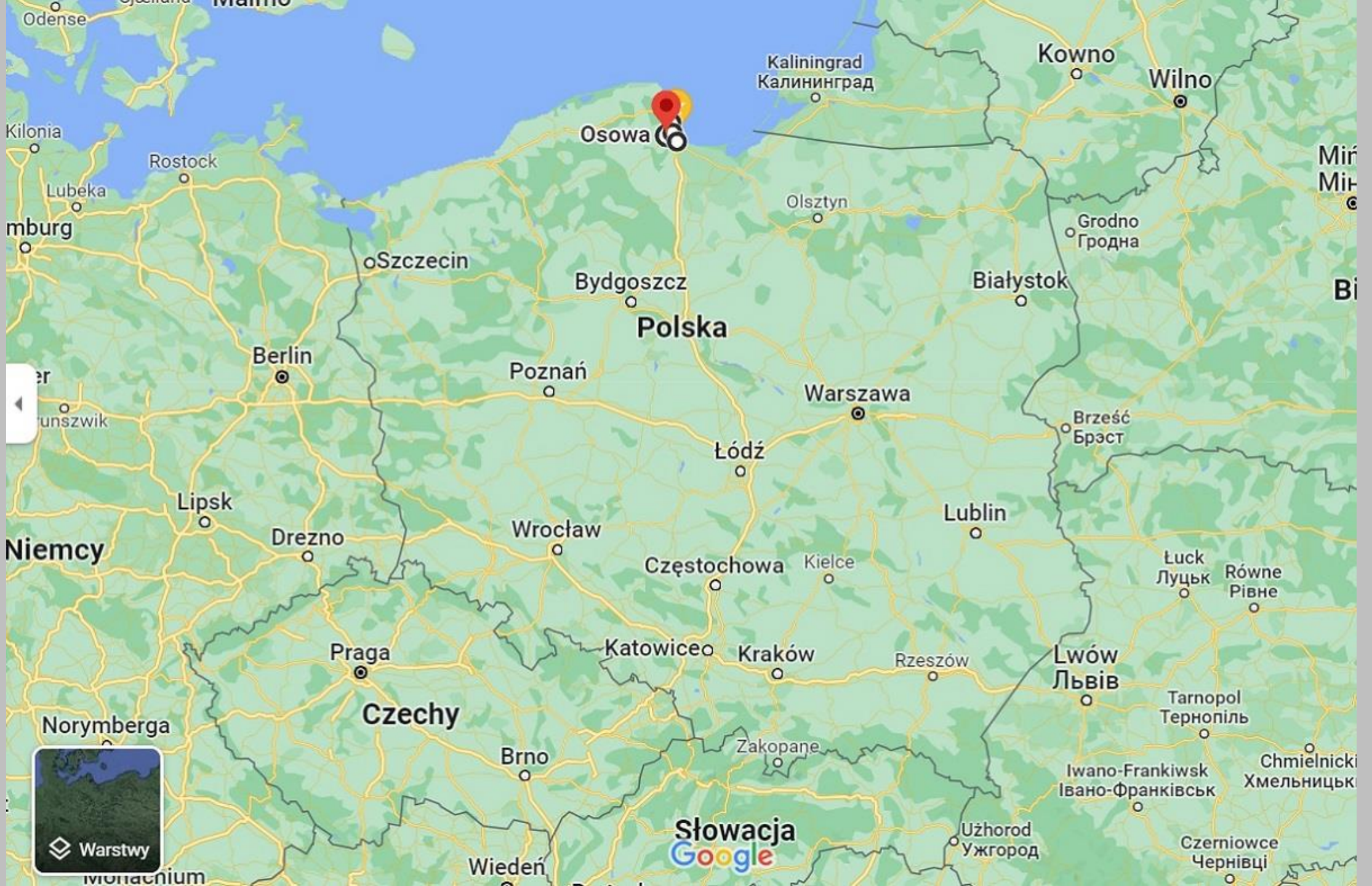
FROM 1964 IN GDAŃSK

Politechnika Gdańska

STUDY & WORK IN GDAŃSK

Gdańsk





Osowa

Polska

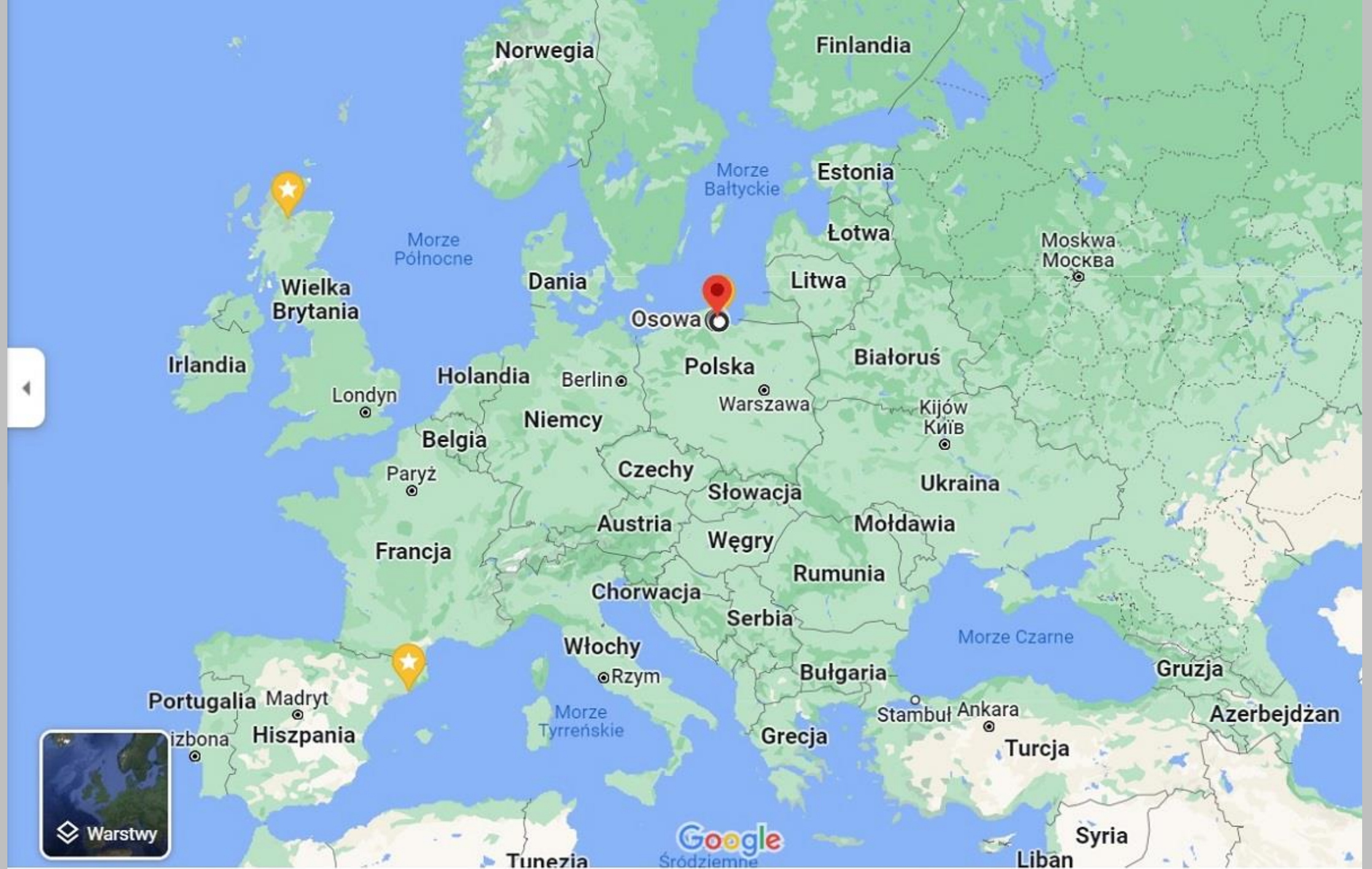
Niemcy

Czechy

Słowacja
Google



Warstwy



INNOVATION GENERATOR. SUPPORT NETWORKS 2

Integration of Polish Seniors and Carers from Ukraine



Joanna Bień



Anna Grabowska



Elżbieta Pawłowicz

Projekt „GENERATOR INNOWACJI. SIECI WSPARCIA 2” współfinansowany ze środków Unii Europejskiej w ramach Europejskiego Funduszu Społecznego

Lider Projektu: PCG Polska Sp. z o. o., ul. Fabryczna 17, 90-344 Łódź, www.pcgpolska.pl

Partner Projektu: Towarzystwo Inicjatyw Twórczych „e”, ul. Mokotowska 55 m. 50, 00-542 Warszawa www.e.org.pl



What is all about (1)

- Our innovation is aimed at integrating elderly people and carers from Ukraine, improving the quality of life and strengthening mutual relations.
- We know from our own experience, observations and reports that carers' work is very difficult and demanding.

What is all about (2)

- In the case of carers from Ukraine, there is also an unknown environment, a different culture, and not knowing the language.
- As part of the innovation, we offer integration meetings, the so-called "hours of rest".

The 1st meeting and Language Cafe in Oliwa Town Hall, 5.02.2022



City Games, Oliwa Town Hall and Park, 12.02.2022



How to take care about elderly, Language Café, Town Hall in Oliwa, 26.02.2022



Toucan Assistant App, Language Café, Nordic Walking, 5.03.2022



Healthy food for elderly, Language Café, 12.03.2022



From Spa House in Brzeźno to Jelitkowo, Nordic Walking, 19.03.2022



Testing food from Poland and Ukraine, 26.03.2022



If you want to find our projects please welcome to

<https://dehure.moodlecloud.com/>

DEHURE ENGLISH (EN) Anna Grabowska

Development of Human Resources

My courses

- Story Telling Community
Teacher: Anna Grabowska
- Festiwal Światła
- Integracja Polskich Seniorów i Opiekunek z Ukrainy
- UTW dla społeczności - Spacerem, rowerem po kampusie Politechniki Gdańskiej

Teacher: Anna Grabowska

DEHURE ENGLISH (EN) Log in

Story Telling Community

Home / Courses / Projects / STC

Welcome to STC

Online users
1 online user (last 5 minutes)

Due to Covid 19 in the 2020/2021 academic year, members and supporters of ATW WETI PG met every week on Thursday at 2 p.m. at ZOOM.

Materials, links, etc.

- An example playlist
- U3A Communities
- Memories of my mother-in-law
- Memories of my father
- My 1st storytelling

Welcome to ANIMATION II contest

<https://ikm.gda.pl/en/>



INTEGRATION FOR EVER

Welcome to the 1st Festival of Light in Gdansk, 13-15.05.2022



Welcome to our Fanpage

<https://www.facebook.com/SieciWsparcia2>

- Building a community of people interested in the integration of elderly people and carers from Ukraine.
- Improving communication between both groups.



The screenshot shows the Facebook profile page for 'Integracja Polskich Seniorów i Opiekunek z Ukrainy'. The profile picture is a circular image showing a group of people. The cover photo is a large image of a group of people sitting around a table in a room with large windows. The page includes a 'Send Message' button, a 'Hi! Please let us know how we can help.' message, and a navigation menu with 'Home', 'Events', 'Reviews', 'About', and 'More'. The 'About' section is expanded, showing the location 'Opata Jacka Rybińskiego 80-320 Oliwa, Poland' and a recent post from 15 hours ago with a video link: 'Filmowe podsumowanie naszych spotkań integracyjnych jest tutaj https://www.youtube.com/playlist...'. At the bottom, there is a prompt to 'See more of Integracja Polskich Seniorów i Opiekunek z Ukrainy on Facebook' with 'Log In' and 'Create New Account' buttons.

Last but not least...

In my flat in Osowa on the 1st May 2022



Thank you for your attention

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