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# Newsletter 2025

Covering the year 2024

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*Dear Friends,*

We must start this year by apologising for our newsletter being rather later than usual. This happened because during the year we started using more volunteers in Romania, with an eye to keeping costs down for the future. Due to a misunderstanding the Romanian version wasn't available to us until recently. We will do better next year! In the last newsletter, we noted that it had been a "business as usual" year for the charity, and indeed 2024 was much the same. We still have people to care for, we still have the responsibility to provide safe and warm accommodation. Much of our time in Romania was spent looking at the organisation, and asking "where are we going to be in 20 years time. and who is is going to be doing it ?" We recruited a new supervisory committee for the Romanian organisation, with more emphasis on local people in Siret so that meetings could happen at short notice when required. Here in the UK, we are pleased to welcome Kyra O'Conner as a trustee of the Romanian Challenge Appeal. Kyra grew up in Siret, is bilingual English / Romanian, and is now studying in the UK. She knows the charity and its work extremely well.

We would like to wish all our supporters a happy, peaceful and healthy 2025.

The Romanian Challenge Appeal Trustees.

*Anna, Kyra, Sally, Brian & Nigel*

As always here, this newsletter is actually the annual newsletter of our Romanian charity in Siret "A New Life Foundation" (Fundatiă O Nouă Viață), usually just abbreviated to "FONV" . We simply translate and print it here. All funds raised by the Romanian Challenge Appeal go to FONV.



# The O NOUĂ VIAȚĂ Foundation Newsletter 2024



## Who are we ?

The O Nouă Viață Humanitarian Foundation (ONV) is a non-governmental organisation (NGO) with extensive experience in supporting people with disabilities and those at risk in their daily life.

For 27 years now we have been operating in and among the community of Siret town and in Suceava county. Numerous successful projects have taught us that the only way to truly meet the needs of our beneficiaries is to find and apply tailored solutions.

O Nouă Viață is a legally authorized and registered social services provider in Romania.



We believe in community-based rehabilitation, a sustainable strategy developed by the World Health Organisation to enhance the quality of life for people with disabilities and the deinstitutionalised.

## O NOUĂ VIAȚĂ Foundation

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Accredited provider of Social Services, Certificate  
AF 001195 since 3.07.2014

In 2024, the O Nouă Viață Foundation continued to provide social services for over 100 adults with physical and mental disabilities, based on the fundamental values of equal rights and social inclusion.

The O Nouă Viață Foundation is accredited as a social service provider according to the AF Accreditation Certificate no. 001195 of 07.03.2014 and offers 2 licensed services:

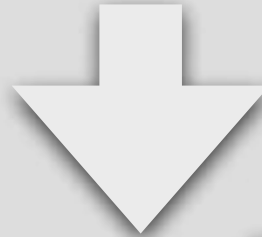
- ◆ Minimally protected housing for adults with disabilities
- ◆ Day centre for adults with disabilities

Through everything we do, we carry forward our belief to be with those in need, to bring good into the lives of people with disabilities and the community.



## Our Mission

The O Nouă Viață Foundation promotes and protects the rights of people with disabilities and supports integration and participation in the community, throughout their entire lives



Every person, regardless of disability, has dignity. Everyone's life is precious and deserves to be respected.

Everyone has the right to choose their own path in life. We are here to provide support and encouragement so that decisions can be made with knowledge of the facts.

Every person has fundamental human and civil rights that must be respected and protected with care and empathy.

We are all part of the same community. We encourage active participation, so that everyone can find their place and contribute to the common good.



## 2024 in numbers:

- 10 beneficiaries currently living in the sheltered housing
- 39 beneficiaries in the houses of the O Noua Viata Foundation in Siret
- 8 beneficiaries in the Alma Mater center
- 60 beneficiaries in the Day Center
- 17 children and young people with severe disabilities in Casa Emanuel Suceava
- 10 people in the Drop-in program
- 20 adults and children in the community program
- 2 people live in the community with support from the Foundation
- 5 participants in the Cook's Assistant course
- 8 people with jobs in the community



## Sheltered Housing Project

(LF Series operating license, no. 6/4.03.2022)

- 10 Disabled people participate in the program, of which 2 are married.
- 2 are employed at HS TIMBER PRODUCTIONS Dornești,
- 3 people have jobs at SC Marsin SRL
- 1 Person is employed at the Hotel “Frontier” just by the border post with the Ukraine
- 4 People have been granted social pensions. People in the Minimum Protected Housing are offered accommodation, medical assistance and support for a dignified, autonomous and active life, along with participation in community life.

People with disabilities, accommodation and support are offered sheltered housing as well as assistance and support for a decent, autonomous and active life together with participation in the life of the community.

We ensure a safe and protected environment where our beneficiaries enjoy integration, independence and respect for their rights.



## Daily life at the sheltered housing

Care and assistance support with:

- Daily hygiene
- Medication administration
- Travel to medical institutions and hospital units
- Food preparation
- Home maintenance

Communication - encouraging the expression of one's own experiences and feelings, developing social relationships, involvement in community activities.

Leisure - excursions and hikes



## Daily life at the sheltered housing



*Every day is different, with diversified activities and lots of smiles!*

Activities focus on:

- Social information and counselling: social rights and facilities, work programs and medical facilities, existing support networks, job searches
- Permanent psychological counselling: development of positive thinking, emotional adequacy, self-awareness, avoidance of isolation and depression, self-knowledge, etc.
- Development of self-management skills
- Practicing social skills: economic independence, development of earning skills, preparation for work, employment and support for maintaining employment; social and civic integration and participation



## Day Centre for Adults with Disabilities

Operating license, no. 115/28.07.2022)

The service has been operating since 2008, and in 2024 it provided activities for over 60 people with disabilities.

The activities were:

- Information and social counselling
- Psychological counselling
- Empowerment and rehabilitation
- Developing independent life skills
- Developing/strengthening communication skills
- Developing/strengthening personal autonomy/self-care skills
- Developing/strengthening self-gesture skills
- Developing/strengthening interaction, integration and social participation skills
- Relaxation and free time

# Day Centre for Adults with Disabilities

Operating license, no. 115/28.07.2022)

## Social and Civic Integration and Participation

The activities are diverse and can include: knowledge of the social environment, stimulation/learning of appropriate behaviour in social situations, involvement in sports, cultural and artistic activities carried out in the community, participation in recreation and leisure activities, participation in craft activities and visits



## Rehabilitation

Occupational therapy to improve cognitive, physical and motor skills and to increase the self-confidence of the beneficiaries, to develop fine motor skills (movement and dexterity of small muscles in the hands and fingers), gross motor skills (movement of large muscles in the arms and legs), oral-motor skills (movement of muscles in the mouth, lips, tongue, jaw)

## Community Involvement

### Community Program

The program has been operating for over 16 years and the services are addressed to families with children at risk.

This year, 20 adults have been involved with this initiative.



### Drop-In Program

The program has been operating since 2003 and is addressed to people with disabilities from the former NPI Siret Hospital (the old Orphanage) and who currently live in the community.

This year, 13 adults were involved in the program.



## Rest and Relaxation

Within the day centre we do not miss any opportunity to have fun together. Thus, with the help of volunteers, our beneficiaries have some recreation and relaxation.



## Excursions

In the summer of 2024, the beneficiaries of the Foundation went for a week on an unforgettable trip to Viișoara. We used, as always, the minibus bought by you, - the Romanian Challenge Appeal supporters!

A week full of adventure and joy, where we played, danced, walked, got very wet, and created unforgettable memories!



## December 3 - International Day of People with Disabilities

December 3, 2024, the Foundation once again - the 12th time we have done this - organised the march "Everyone is normal", to mark the International Day of People with Disabilities. The march was held on the route: the Catholic Church - Siret City Hall - and thanks to the local Police, to the esplanade of the House of Culture. The aim is to raise awareness of disabilities, bringing to the community the concept of equal opportunities, tolerance, acceptance.



## Birthdays and Christmas



## A special visit



In September 2024, we were delighted to welcome back to Siret the founder of both the Romanian Challenge Appeal and the “A New Life” Foundation, Monica McDaid.

Together with some other old friends of the charity, Freda, Sean and Rudy she visited the foundation's houses and the psychiatric hospital where they met many people they had known as children. It was an extremely emotional visit and Monica said she was so glad to see that the work she started in 1990 continues with people being happy in the foundation's houses .

We so much enjoyed Monica’s visit so we want to take this opportunity to thank - not just her, but her friends and all the volunteers who brought the most smiles on the faces of the "children" in the former Siret hospital - from the bottom of our hearts.





## Another special visit

In 2024, another special visitor was Father Mike Fallon. (Many years ago, Father Mike set up training schemes for the Foundation staff, schemes which ran for many years) Despite severe illness, Father Mike managed to make the long trip to Siret in May, when we spent some days going back in time in time and remembering all the moments we spent together.

It was a very special time, which would not have been possible without Father Mike Fallon and our parish priest Carmil Farçade, to whom we extend our thanks!



We thank you with all your heart, to all sponsors, volunteers, collaborators and all those who have been involved in supporting the Humanitarian Foundation a new life this year! Together we brought smiles on the faces of our beneficiaries!

FUNDAȚIA UMANITARĂ O NOUĂ VIAȚĂ  
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## *The back page:*

In 2023, this newsletter devoted several pages to the impact of the war in Ukraine. Last year and this year we have concentrated more on our work with people in our care. We are still helping some refugees, and we are still providing small amounts of aid, but on a lesser scale than before, as the immediate need has passed. When that conflict ceases there will undoubtedly be huge challenges to be faced just north of us, and indeed the possibility of significant arms smuggling across the immediate border is extremely worrying for our local police.

We would like to thank all our supporters once again - without you, nothing you have just read about could have been done.

Once again the trustees would also like to extend their thanks to the staff and dedicated volunteers of Fundația O Nouă Viață in Siret, and particularly to Adina, the CEO.

Should you wish to make a one-off donation,  
we use "Givey" :

Simply go to our website - [www.romanian-challenge.org](http://www.romanian-challenge.org) or [www.fonv.org](http://www.fonv.org) and click on the online  
donation link on the home page