



Narrative report

Name of the organization: Lviv Charitable Foundation "Sincere Heart"

Project Title: "Recovery Camp" - 2 six-day psycho-emotional rehabilitation camps for children and mothers from the frontline areas who have experienced traumatic war experiences

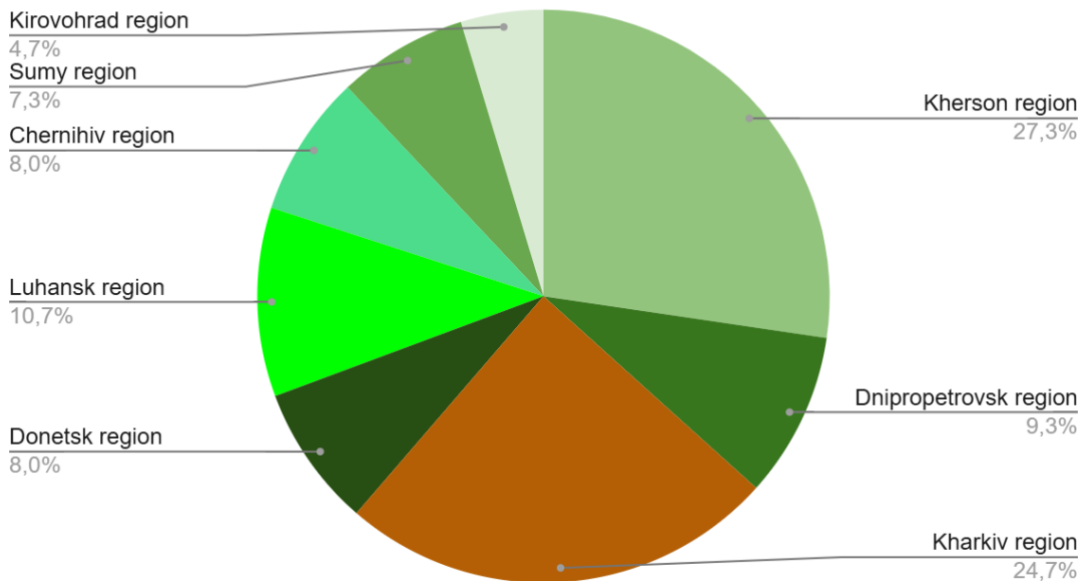
- **Project beneficiaries:**

№	Category name	Number		
		Mothers (guardians)	Children	Total
1.	Total number of unique project beneficiaries	46	104	150
<i>Of which:</i>				
1.1	People from the frontline areas	42	98	140
1.2	Internally displaced persons (IDPs)	-	-	-
1.3	Persons who returned to Ukraine/home	4	6	10
1.4	Number of victims of gender-based violence (GBV)	2		2
1.5	Number of children (0-18 years old)		104	104
1.6	Number of people with disabilities	2		2
1.7	Number of children with disabilities		2	2
1.8	Number of elderly people (60+)	9		9
1.9	Women veterans	4		4
1.10	Family members of military personnel	12	17	29
1.11	Widows	3		3
1.12	Single mothers	4		4
1.13	Volunteers	18		18



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Demographic data of families who participated in the camps



**Total time of the event: 6 days of 12 hours each (9:00-21:00)
48 hours of activities + 12 hours of breakfast, lunch, dinner, supper + 12 hours of rest**

Result of the activity

Participants of two six-day camps (150 participants) received:

46 people (including 46 women) attended group therapy - 9 hours

27 adolescents (children aged 12-16, including 10 girls and 17 boys) attended group therapy - 4 hours

14 participants received 1 hour of individual counseling with psychologists

46 people (including 46 women) attended psychoeducational lectures - 3 hours

150 people received body-oriented practices - 8 hours

Effectiveness: 100%

- During the camps, 97 (93%) children were checked for symptoms of post-traumatic stress disorder (PTSD) by questionnaire.
- The number of children in the camp who were found to be at high risk for post-traumatic stress disorder (PTSD) was 30 children (29%). This means that there is a high probability that this group of children may experience negative consequences as a result of stressful or traumatic situations.
- 22 families were referred to receive up to 10 free online therapy sessions with experienced psychologists on the Ucare.me platform, which is an important step in supporting their mental health and well-being.



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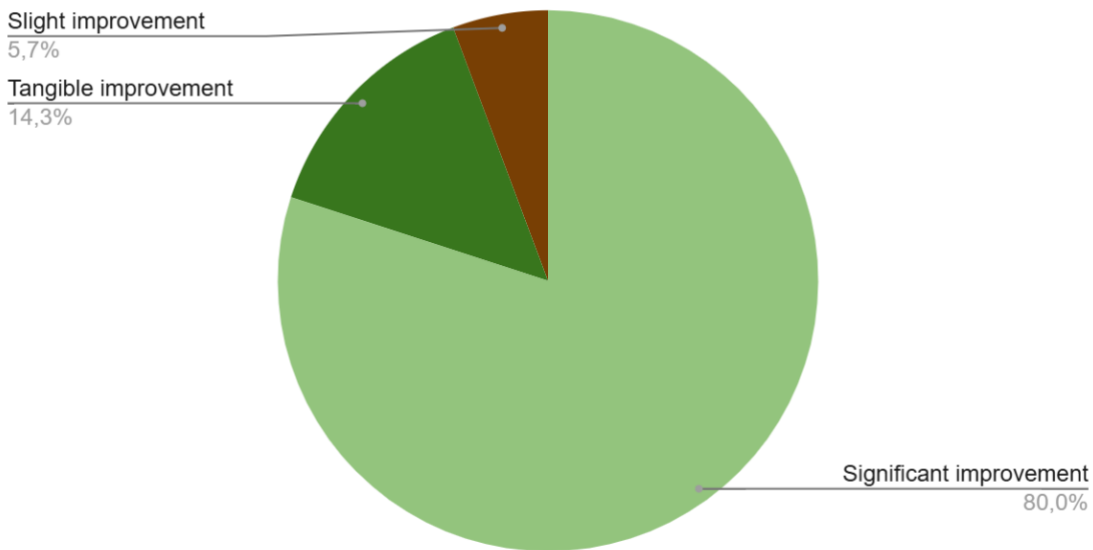




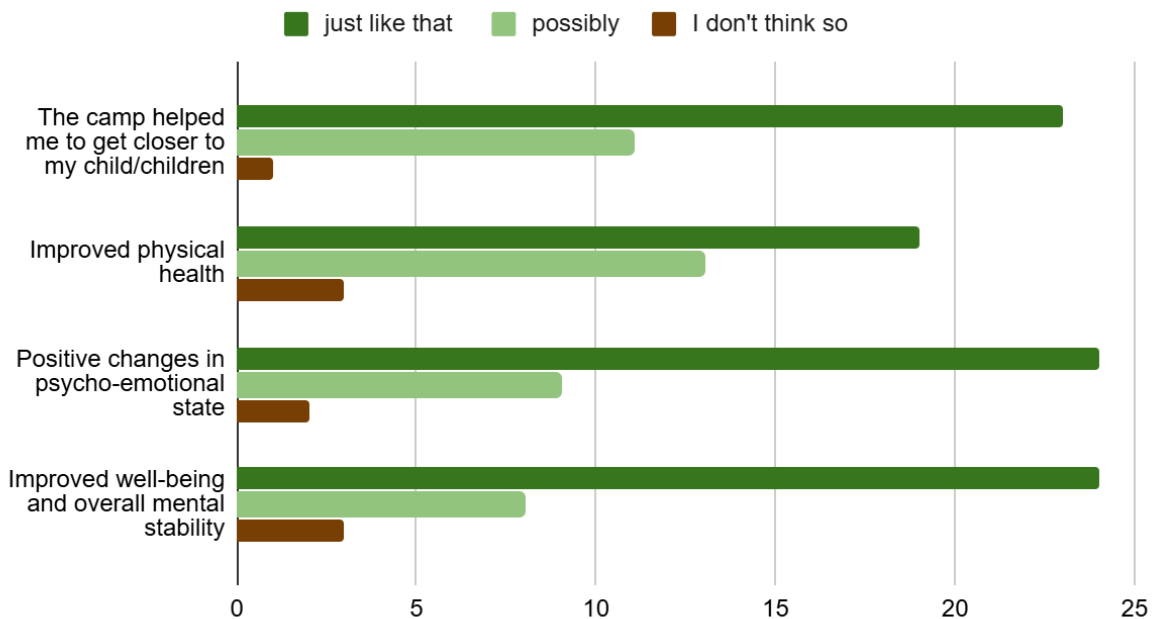
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Assessment of changes in the psycho-emotional state of mothers before and after the Camp

Did your psycho-emotional state change as a result of participating in the Recovery Camp?



How close are these statements to you?





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Changes in fathers

Parents expressed their changes:

"It's great that families in pain have the opportunity to receive such support and the opportunity to meet others, share their pain, and support each other."

"I discovered certain insights, heard what I needed."

"The experience of staying in the recovery camp inspires and restores faith in a bright future!"

"You helped children and parents to feel how beautiful childhood can be without war."

"Thanks to you, our children had a great time, and we, the mothers, were able to relax, communicate, get to know each other better and create a good community."

"Thanks to you, we felt that life goes on, does not pause, and we should enjoy every minute of it."

"You have shown that there are many good people in the world who are ready to help. The children realized what kind of parents they would like to have. And what kind of family they would like to live in. For me, this is a breath of fresh air. And an opportunity to sleep peacefully."

"I would like to thank you for the restored mothers, it was a real rest for both body and soul."

"Thanks to the camp, I saw how difficult it is for my child to make new acquaintances, I saw the stage fright, distance learning is taking its toll, we have a lot to work on, I think thanks to the camp, we will succeed."

Parents express their gratitude

- "Thank you, team, for the heart you put into every smile of our children. You did not just entertain - you gave love, support and real warmth. Your eyes were shining with happiness, and this happiness was transmitted to each child and their mothers as well. We bow to you for becoming friends, mentors and magicians for our children. We are grateful to the point of tears for your soul!"
- "We are already home 😊 And finally we have the connection to write 😊 Our dear Vika, Yana, Rostik, Vitalik, Viktor, Valeria, the team of psychologists, coach Lilia, the team of the restaurant and hotel Ataman, everyone who stayed behind the scenes, the bus driver, who yesterday managed to overcome the obstacles in the form of "interesting" parking for visitors to the station 😊, are sincerely grateful to you for such a great opportunity to relax body and soul, reboot and get even closer to the child. Your warmth, care, and sincerity can be felt everywhere, and it is very recharging and gives us strength to go on! It's great that families in pain have the opportunity to get such support and the opportunity to meet others, share their pain, and support each other. We are sincerely grateful, we already miss you 😊😭.
- "Thank you to the Recovery Camp team. It was fantastic. Overcoming physical and psychological barriers, we received a whole range of emotions. The children are full of impressions, events, and communication. And now I know that we can fly with the kids for at least a month 😊 I have a desire to breathe deeply, enthusiasm to change life for the better and hope that everything will be fine."
- "We are already home 😊 But still somehow sad 😭 I would like to thank everyone involved in the organization of this unforgettable vacation 😊 Thank you for the opportunity to relax both body and soul ❤️ Thank you for 6 days in time before... 😭, that we were able to forget about everyday problems for a little bit and fully enjoy the rest ❤️ Special thanks to the cool team of animators who made our kids and mothers 😊 happy 😊 I am sure that no one will ever forget this vacation ❤️❤️❤️ You are forever in our hearts. We would like to wish the whole team only the best... health, peace, harmony, new creative ideas and obedient participants 😊"



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- "We thank the organizers and sponsors of the project and your entire team! You have created a pleasant atmosphere and care for our children at ! You gave children the opportunity to feel a little bit of childhood that was stolen from them. You inspired and taught parents those things that have been put on the back burner! They gave us the opportunity to sleep peacefully and with pleasure for a week! You are a great team! We took a part of your warmth and hospitality with us to Chernihiv) I wish you success and inspiration for new good deeds for the benefit of Ukraine."
- "I would like to thank you, RECOVERY CAMP, for such a wonderful vacation for our children and us, mothers. Thanks to you, we lived calm, carefree days, without worries, in peace. Thanks to you, we felt that life goes on, does not pause, we need to enjoy every minute! Thank you again, you are incredible!!! I'm glad to meet you all again! Everyone is just so incredible and so dear 😊 "
- "Thank you to the entire Recovery Camp team for an incredible camp!!! You are doing a great, invaluable job!!! 👍👍 You are incredible! ❤️❤️ Good luck, strength and inspiration to you!!! 💙💛💙💛💙💛💙💛💙💛💙💛"
- "Many thanks to the Recovery camp team. You are unsurpassed. Your work is invaluable. You created an incredible atmosphere of kindness, warmth, sincerity. Everything was great, everything was thought out to the smallest detail. Very tasty food, beautiful rooms, an interesting and rich program for both children and adults. Even the kids had a lot of fun and interest. You managed to do something incredible - the children and their mother forgot about daily worries, chess games every night, and disappointing news for a week. The children enjoyed themselves, rejoiced, laughed, and cried because they were separated from you. Vlad has changed. He has become more confident, open, active, and his nervous tics have decreased. I wish you peace, prosperity, inspiration, health, and success. We already miss you and will remember these incredible days, they are forever in our hearts."
- "Good afternoon! All the way here I was thinking where to start. I want to put so many emotions into words. It was as if we were in a parallel reality, where no sirens were heard, no birds were flying overhead, where we didn't have to think every day about where and what to buy, what to cook, how to entertain the children, etc. It was like a breath of fresh air, or a complete reboot, you can call it differently, but it was definitely very necessary. Thanks to the camp, I saw how difficult it is for my child to make new acquaintances, I saw stage fright, distance learning is taking its toll, we have a lot to work on, I think we will succeed thanks to the camp. I would like to thank each of the organizers, the Sincere Heart Charitable Foundation, the Ataman Hotel and everyone involved in this wonderful Recovery Camp. Mariana, I thank you for always coming to the rescue, it was your smile that greeted us at the train station and gave us confidence that we had not come all this way in vain, and that it would be an incredible week, and it was.
Vitaliy, my son taught his friends the monkey dance today, your moves and jokes are unforgettable. Sviat says that on a "scale of kindness" he would give all of you 100%, and you, Vitaliy, 101%. Yana, your approach from the youngest to the oldest is just a talent, special thanks for the bracelets for the youngest son, he still does not take them off. Christina, you are so cheerful, self-ironic and open, children immediately feel it and are drawn to you. Rostik, we will be humming your song for a long time. Victor, thank you for the interesting tour, and for helping Saint find friends by playing gong with him, he needed it at that moment.
I would like to write a lot more, but there are already too many letters. I thank you all so much for these 6 days, they were great days that will remain in my memory for a lifetime."



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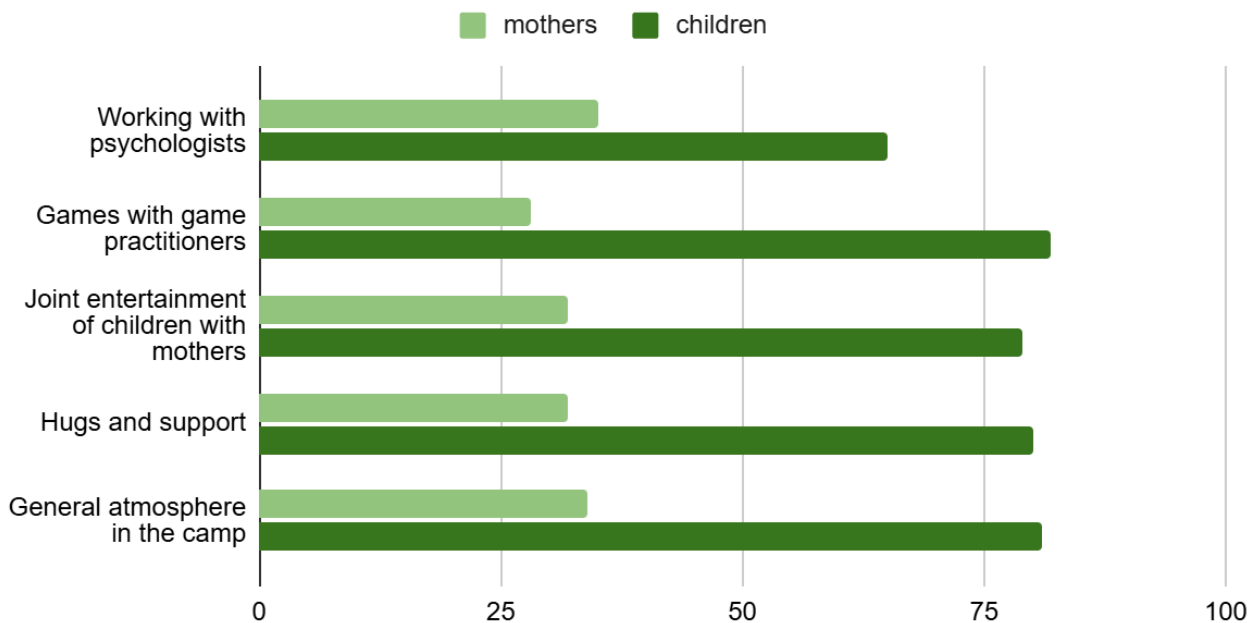
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The most positive impact on the psycho-emotional recovery of mothers and children during the camp was made by %



Analysis of 52 questionnaires (surveys, feedback, complaints, and suggestions) from project beneficiaries. During the camps, all participants of the six-day camps were surveyed. Analyzing the feedback received from the project beneficiaries, we present the results below:

- The work of the camp administrator is considered excellent by 99% of the surveyed beneficiaries.
- The work of psychologists was rated as excellent by 96%, good by 4%, and satisfactory by 0% of beneficiaries.
- Group work with psychologists, playing together with children, having a chance to relax, hugs and support were the most beneficial for 99% of beneficiaries;
- Games with game practitioners, work with psychologists, joint games with mothers, art classes, hugs and support were noted as the most beneficial for improving the psycho-emotional state of children.
- Physical well-being, psycho-emotional state, feelings of loneliness, isolation, depression, lack of joyful emotions are the issues that improved in mothers and children during their stay in the camp.
- 99% of beneficiaries would definitely recommend the camp to other families.



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Public events

№	Date	Type of event	Venue (address)	Duration (number of hours/days)	Number of participants (according to the registration lists)		
					Mothers	Children	Total
1	20.04.2025 - 26.04.2025	Six-day camp "Recovery Camp"	Recreation complex "Otaman Resort" Lviv region, Pasiky-Zubrytski village, 120 Mazepa str.	6 days	23	52	75
2	04.05.2025 - 10.05.2025			6 days	23	52	75

Attachments confirming activities during the reporting period

Annex number	Materials provided	Activities for which the materials are a source of information	Links in social networks or to online storage (Google Drive)*.	Potential coverage
1.	Links in the project's social media	Publication of a reporting post and a post with feedback in social media	Instagram reporting post Reporting post Facebook Reporting post Instagram Reporting post Facebook Post with reviews Instagram Post with reviews Facebook	4 440 1 800 4 440 1 800 4 440 1 800
2.	Photos/videos from the camps	Photos/videos from the camps	Photo Camp 20-26.04.25 Photo Camp 04-10.05.25	
Total number of publications				6
Total number of potential coverage				18 720



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***Thank you for your trust and support!
It is thanks to it that we were able to implement a
project that truly changes the lives of mothers and
children for the better.***