

AKTYWIZACJA OSÓB BEZDOMNYCH POPRZEZ GRĘ PETANQUE ACTIVATION OF HOMELESS PEOPLE THROUGH PETANQUE GAME

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Streszczenie

Niniejsze opracowanie zawiera charakterystykę bezdomności w Polsce oraz opis projektu społecznego mającego na celu poprawę jakości życia osób bezdomnych przebywających na terenie Schroniska dla bezdomnych mężczyzn, na ul. Bogedaina 5 we Wrocławiu należącym do Stowarzyszenia Świętego Alberta, poprzez aktywizację osób bezdomnych w trakcie zajęć ruchowych za pomocą zorganizowanego turnieju Gry Petanque. Drużyna osób bezdomnych miała możliwość rywalizacji z osobami z zewnątrz, co pozwoliło na integrację społeczną i przeciwdziałanie wykluczeniu osób bezdomnych. Realizacja zadań miała na celu poprawę jakości życia mężczyzn jak również upowszechnienie tradycji gry w Petanque w grupie

bezdolnych mężczyzn, wyjście naprzeciw potrzebom czynnej aktywizacji, integracji oraz włączenia społecznego w tej grupie osób.

Abstract

This study contains a description of homelessness in Poland and a description of a social project aimed at improving the quality of life of homeless people staying in the shelter for homeless men, on ul. Bogedain 5 in Wrocław belonging to the Saint Albert Association, through the activation of homeless people during physical activities with the help of the organized Petanque Games tournament. The homeless team had the opportunity to compete with outsiders, which allowed for social integration and counteracting the exclusion of homeless people. The implementation of tasks was aimed at improving the quality of men's lives as well as popularizing the tradition of playing at Petanque in a group of homeless men, meeting the needs of active activation, integration and social inclusion in this group of people.

KEY WORDS: homelessness, activation, Petanque Game

Definitions of homelessness

Legal definition of homelessness - such a definition can be found in the Act on social assistance dated March 12, 2004 (Journal of Laws of 2005, No. 64, item 565). A homeless person is "a non-resident in a housing establishment within the meaning of the provisions on the protection of tenants' rights and housing resource of a commune and not registered for permanent residence as defined by the provisions on population registration and identity cards, as well as a non-resident in a dwelling and registered for permanent residence in a premises in which there is no residence. "

The Polish Language Dictionary PWN defines the homeless as a man who has no place to live, who does not have a flat and also as a man who is an exile or voluntarily leaves his own home.

The new PWN Encyclopedia states that:

"Homelessness is a social phenomenon consisting in the lack of a home or a place of permanent residence, guaranteeing the individual or family a sense of security, providing

shelter from adverse weather conditions and satisfying basic needs at a level recognized as adequate in a given society" [1 p. 33].

Causes of homelessness

Research clearly shows that the problem of homelessness is related to other social problems: poverty, social exclusion, unemployment, alcohol abuse, drug addiction, crimes and juvenile prostitution, but also deprivation in the mental spheres: lowering one's own worth, feeling of loss of dignity. Considering the negative consequences of losing a home, some authors believe that homelessness is not only a problem, but a social issue which should be solved by developing appropriate social policy programs [6]. The stereotypical image of the homeless is negative: a dirty person, addicted to alcohol, unwilling to take up employment, dangerous. Meanwhile, it is only a small part of the total population of the homeless (20%), which is very diverse, as well as the reasons that led to the loss of their shelter. Among them there are not only men, but also women (about 20%), children and youth (over 8% of the population), people with higher and secondary education (almost 20%). Only a small number of homeless people are involved in begging (5%). Homeless people are not only addicted to alcohol (about 40% of this), but also victims of domestic violence, disabled or long-term unemployed. Homelessness can not therefore be considered only as a result of social pathologies (<http://www.pfwb.org.pl>). This is primarily a problem for cities in which these people are looking for livelihoods, which is why, first of all, cities create institutions to help homeless people.

Systems for helping homeless people in Poland

In the 1997 constitution, in article 75, we read: "Public authorities conduct policies conducive to meeting the housing needs of citizens, in particular to counteract homelessness, support the development of social housing and support citizens' efforts to obtain their own home." - the article obtained a place in the constitution only at the end of the nineties, when citizens began to realize the deepening problem of homelessness. [6 p. 93-94] The social processes that began at that time required changes in the aid system, because until now there was only state social care operating depending on health care. The emerging problems affected all spheres of social life and worsened the financial condition of the state. This caused system changes.

In 1990, the Social Welfare Act was adopted. This Act, among the eleven reasons for providing social assistance, mentions homelessness in the third position. Most of the benefits due to the homeless person are obligatory - these are the municipality's own tasks. These include: providing temporary shelter, providing necessary underwear, clothing and footwear adapted to weather conditions, provision of care services for people who, due to their age, illness or other causes require help, granting and paying of targeted benefits to cover expenses for the provision of work social security, making a funeral, help in the form of specialist counseling: legal, psychological, pedagogical, etc., assistance in dealing with living and official matters, granting and paying periodic benefit due to long-term illness or disability, applying for social assistance, person totally incapable of work due to age and disability - if you do not have any means of subsistence - you are entitled to permanent benefit. [6 p. 95]. All social assistance benefits are provided upon request and with the consent of the person concerned or his representative. There is also the possibility of providing social assistance from the office. The commune can not refuse assistance provided by law.

Prophylactic activities include prevention of homelessness, programs aimed at persons at risk of homelessness, eg prisoners, children from orphanages waiting for eviction. On the other hand, the activating character is primarily the desire to become independent of the homeless by, for example, social and professional activation, to develop individual plans for leaving homelessness.

There is a network of outlets in Poland whose job is to help homeless people. We divide them into: stationary aid and out-of-school assistance. Stationary facilities include: night shelters, homeless shelters, homes for single mothers, hostels, shelters and women's homes, shelters for victims of domestic violence, homes for pregnant women and young children, homes for the elderly and sick, re-adaptive housing for homeless, community. The out-of-service assistance centers include: heating, emergency medical intervention, eating places, medical and non-medical help points, advice points, baths / laundries, day-care homes, food delivery points. Most of these facilities are run by non-governmental organizations.

According to the data of the Ministry of Labor and Social Welfare, there are 643 accommodation facilities for homeless people in Poland, which have 22,339 beds. In addition, the Social Policy Departments reported the possibility of making available in

particularly difficult conditions (eg in winter) 2,886 additional beds, so-called "Beds". All in all, the available number of accommodation places for homeless people is: 25,225 places. Out of 643 accommodation establishments for homeless people, 424 outlets are run by gminas and poviats as part of their own or commissioned tasks (eg a commune can order and pay for a NGO to run an accommodation facility and provide accommodation services) in the field of government administration with funds for social assistance and integration . In both cases, the services provided by these institutions are paid by the municipality or district. These institutions have 14,118 beds. On the other hand, 217 branches did not enter into agreements with communes / poviats regarding the financing of their accommodation services for homeless people. These institutions have 8,221 beds. In turn, out of a total of 643 accommodation facilities for homeless people - 61 outlets are so-called "Low-threshold" for homeless people who are under the influence of alcohol. [4]

statistics

The estimation of the number of homeless people is associated with several specific problem areas. The key issue is the definition of a homeless person. Estimating the scale of homelessness in selected countries may vary considerably depending on the definition adopted. The problem is also getting to the homeless, who settle in "non-residential" - usually there is a lack of relatively comprehensive maps of these people. That is why, when setting the date of research in Poland, it is often used that many homeless people in winter occupy institutions providing accommodation. Trouble is also frequent refusals to participate in the study or interruption of the started research procedure. A group of homeless people do not participate in research or participate in half due to intoxication with psychoactive substances (mainly alcohol). It happens that homeless people behave aggressively, which poses a threat to security researchers. Sometimes also the places where respondents reside are dangerous or unavailable to researchers. [1]

Homelessness research is conducted by support institutions that diagnosed the situation in their own area of activity (eg Monar Association, St. Brother Albert's Aid Society, Caritas Kielecka, BARKA Foundation, Pomeranian Relief Forum in Getting Out of Homelessness), and supra-local initiatives which is the FEANTSA European Observatory. For the most part,

these are quantitative studies, but qualitative research is also conducted [3 - 7str]

According to the UN calculations (1987) there are over 100 million homeless in the world. The papal commission *Iustitia et Pax* (1985) gives the number 700 million, of which 100 million without any shelter. [3. S. 9] A rapid increase in the number of homeless people was observed at the beginning of the 1990s. In Poland, new or emerging social problems emerged in a previously unknown scale. In later years, the population size stabilized. It is believed that in 2000 there were about 25,000 homeless people. In 2005, M. Wachowicz assessed the scale of homelessness in Poland through research, who estimated that there are between 58 300 and 65 700 homeless people in Poland. [3 - S. 9] Stanisław Słowik, citing data from the Central Statistical Office on the scale of poverty in Poland, states that the number of homeless people - as it stipulates - *sensu stricto* is from 50,000. up to 70,000 [1]

On the night of 7 to 8 February 2013, a nationwide survey of the number of homeless people was carried out throughout the country. The research was carried out: in one, pre-determined time all over the country (thus avoiding the "duplication" of data), by the so-called "Point in time", in the winter season - (the easiest way to determine the number of homeless people, because most people then use the services of specialist facilities for homeless people), the number of homeless people staying in both accommodation establishments and in the so-called non-residential locations (outside accommodation establishments). [2- 4] At the time of the study, 30.7 thousand were diagnosed homeless people, including approx. 22 thousand people were in institutional institutions, and approx. 8.5 thousand people were outside institutional institutions. Most homeless people were diagnosed in Śląskie (3.8 thousand), Mazowieckie (3.1 thousand) and Dolnośląskie (2.9 thousand) voivodships. Least homeless people were diagnosed in the Podlasie voivodship (623 people), Świętokrzyskie (677 people) and Lubuskie (726 people). Out of 30.7 thousand homeless people as many as 80% were men (24,522 people), 14.2% women (4,361 people) and 5% children (1,538). Children were mainly in institutions for single mothers with children and in houses on plots, arbors. [2 - 7-8str]

Before the nationwide survey of the number of homeless people on the night of 7 to 8 February 2013, the Ministry of Labor and Social Policy carried out two studies to determine

the number of homeless people in Poland. The first nationwide survey on the number of homeless people was carried out on the night of 15 to 16 December 2009 and then repeated on the night of 26 to 27 January 2010. The results of the tests carried out on the night of 26 to 27 January 2010 and at night from 7 on February 8, 2013 are similar. It shows that the total number of homeless people in Poland is about 30,000. people. It was confirmed earlier assumption that about one third of homeless people stay (even during periods of severe cold) outside institutional institutions. This time, however, in the study carried out on the night of 7 to 8 February 2013, this assumption has already been tested in practice. In summary, it can be said that the study carried out on the night of 7 to 8 February 2013 is the most reliable of the studies carried out so far. [2 pp. 14-16]

Characteristics of the project

Project location: Schronisko dla bezdomnych męska, ul. Bogedaina 5, Wrocław. Association of Saint. Brother Albert

Shelter for homeless men at ul. Bogedain 5 in Wrocław was founded at the Wrocław Circle of Towarzystwo im. St. Brother Albert. Brother Jerzy Marszałkiewicz is treated as the spiritual Father of the Society, because until 1988 he realized his mission among the homeless. Thanks to it, each institution belonging to the Wrocław Circle is a "sanctified" place. All branches in Poland, belonging to the Towarzystwo im. St. Brother Albert are guided by the following thought:

"You should be good as bread, which is for everyone on the table, from which everyone can cut a slice for themselves and feed themselves if they are hungry "[10].

The homeless shelter has about 125 seats, but after consultations and conversations with employees it turns out that this number may increase. This is particularly evident in the winter. Gentlemen living in a shelter have access to clean clothes, bathrooms, have one hot meal a day, and if necessary, have the opportunity to consult a doctor once a week. At the shelter there are: Cinema Albert Production - a film team that implements many films about homeless people (gentlemen, to the astonishment of the guardians, very willing to engage in the creation of films, all of them are available on the website of the Wrocław Circle), Pracownia Komputerowa for homeless people Jacek Jureczko, Open Schola of the Spiritual Association for Homeless People St. Brother Albert the Artist. These are the creatures that

are very much needed in activating homeless people who often help on the way out of homelessness.

The financial resources for the operation of all four branches come mainly from subsidies from the Municipality of Wrocław, subsidies from the Ministry of Labor and Social Policy, as well as from victims from entrepreneurs and private persons. In recent years, a lot of funds have been obtained from the proceeds from a 1% tax deduction. An increasing number of donations affect in the form of food and clothing.

The hostel is for men who do not have permanent residence or have them but are not able to stay in this place. Men's age is very different, from reproductive age to just enough. Most elderly men have a disability group due to permanent disabilities caused by chronic diseases. They have a permanent allowance. Men who are of reproductive age and their state of health are relatively well-directed to the path of job seeking. They support them in the matter of creating their resume and indicate potential jobs. As it turns out, many residents have a job, however, due to the lack of permanent residence, they lose it after a trial period. All gentlemen are involved in cleaning works in the hostel. They care about order in their place of residence, they prepare meals themselves from the available food.

Characteristics of the project

"Activating homeless people through the Petanque game" is a social project aimed at improving the quality of life of these people. The classes will be of theoretical and practical nature, they will be held at the shelter for homeless men, on ul. Bogedaina 5 in Wrocław belonging to the Saint Albert Association. Classes will be implemented in the period from 16/05/2016 to 03/06/2016. We assume that a minimum of 10 people will participate in a one-time meeting. The choice of the form of activation was chosen thanks to the initiative of the representative of the University of the Third Age, Stanisław, who during the initial conversation with the employee of the hostel Mr Przemek and us, agreed to cooperate and implement the project in the life of the institution. Together with the mentioned institutions, cooperation was concluded as part of the activation of homeless people staying in the shelter. The implementation of our project will show carers how to improve the quality of their lives in a shelter by means of motion classes, in this case Petanque Games, organization of a tournament where there is competition, organization of a friendly match with people from

outside, which allows for social integration and counteracting the exclusion of homeless people. The implementation of tasks is aimed at improving the quality of men's life as well as popularizing the tradition of playing in Petanque in the group of homeless men, meeting the needs of active activation, integration and social inclusion in this group of people.

The proposed activities are supposed to fill the gap of additional activities for people staying in the shelter, and at the same time allow you to take up activities and integration and mutual inspiration. From our observations, it follows that the lack of classes, the lack of free time for homeless men significantly affect the deepening of exclusion and a sense of loneliness and lack of willingness to self-fulfillment. It is necessary to implement tasks that enable social inclusion and improve the quality of life of homeless people. The project aims to raise the low level of social participation among homeless people. It is necessary for creating social bonds, integration and exchange of experiences.

The project also responds to the needs related to the development of skills such as: concentration, concentration, ability to cooperate in a group, work for the mutual benefit.

Cooperation with UTW and establishing contact with its participants is aimed at "breaking prejudices" about the place, and most importantly, about homeless people living in a shelter.

Description of the project's addressees

The project is aimed at homeless men staying in a shelter on ul. Bogedain in Wrocław with the participation of a representative of the University of the Third Age. Three - four teams of four are planned. In total, we plan to participate 16 people from the shelter and 4 people from the University of the Third Age together with a representative. The recruitment of participants will be kept up to date in advance of each class. People participating in the project may change, but our goal is to involve permanent people in the classroom.

In this method, the aspect of raising the quality of life in the group and the ability to cooperate, interpersonal interaction and creating a sense of security from being in the group structure is important. In addition, group work creates excellent conditions for learning self-help, enriching social functioning and effective coping with personal, group or social problems.

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