

Helping refugees in Poland and sending medical supplies to Ukrainian hospitals

“Be” foundation and Kanzeon Sangha

As for today Kiev, the capital of Ukraine is under attack. Civilian buildings are being destroyed. Hospitals are being bombarded. In cities of Charków or Mariupol We face humanitarian crisis. They are cut off supplies, water, electricity and people are trapped in the underground shelters.

Witnessing Ukraine fighting so alone this war is heart breaking. In Poland we feel it so much because it's just around the corner. We see Ukrainian heroic resistance because it's happening on the same ground, it's not even being neighbours, it's being brothers. Every one of us has Ukrainian friend whose family is over there. As for today there is nearly 2 million refugees in Poland already and it is estimated it will reach 4 million. It is also estimated that around 100,000 people a day will cross Polish border. Most of them have nothing with them. They are exhausted and frightened. Train stations of main cities in Poland including central train station in Warsaw became night shelters.

It has been clear from the first day that this is fight that we are involved in. We have to do everything we can to help. Huge movements of open hearted people are happening across Poland. Help goes both ways - we take care of people who are running away from the horror of war and are coming here, and at the same time we support people who stayed there sending supplies and everything they need if we can only get it.

So many people opened their doors and our housing people. This is the biggest charity movement we have ever seen in Poland. This unique movement spread through Poland but obviously it can't go on like this forever.

NGOs depending on what is their field of knowledge and experience are trying to do everything they can. Unfortunately the government has no resources, Poland is not a rich country and not very well governed. There also is no plan how to take care of such huge humanitarian crisis. We believe the only way is to continue to do everything we can to support Ukrainian people over there and refugees here. Everyone of us is responsible.

FOUNDATION AND SANGHA KANZEON

About us

Małgosia Braunek "Be" Foundation, is operating since 2015, actively promoting holistic approach to health and integrative medicine in prevention and treatment of chronic diseases. Specially cancer. Our foundation is inspired by the life philosophy of Małgorzata Braunek, actress and zen buddhist teacher of White Plum Sangha and her personal experience of cancer. The main field of our activity is health education as well as support to sick and in need. We organise workshops, events, and educational campaigns. Activities are organised not only for people suffering from cancer and chronic diseases, but also for their relatives, and everyone interested in a healthy lifestyle, prevention, treatment and convalescence of chronic diseases.

Everything changed 3 weeks ago when the war started.

We organised spontaneous collection of medicine and most needed medical equipment for someone who was going back to Kiev and would never come back. We collected so many things we decided to continue with movement.

Two days later we received a phone call from a volunteer of Armed Forces of Ukraine and defence forces of Ukraine whom we have been in direct contact since.

Juliana works on behalf of Armed Forces of Ukraine and was appointed to find an organisation, a NGO in Poland to ask for direct help to bring most needed supplies to hospital in Chernivtsi in Ukraine, a military hospital in Southern Ukraine. Two days later we were in contact with another volunteer who works on behalf of Veterans Base Home - veteran hospital in Kiev.

Since then we have sent 5 direct transports of medical equipment, medicine, first aid kits, bandages and all sorts of supplies needed for quick surgeries to these two hospitals. The transports are dedicated for saving the lives of injured soldiers and civilians. We have also sent diabetic medicine to Children's Hospital in Kiev.

We continue to fund raise money in order to buy professional medical equipment needed by these hospitals. The list is being updated all the time. We act on the basis of a letter from the regiment commander Wasyl Rogatiuk. Letter is issued directly to our foundation.

At the moment we are able to send one transport a week.

We are working on

1. Getting medicaments and equipment
2. Sorting, packing and describing what is being sent (in accordance with the list of needs)
3. Organising safe transport through the border

We collect things as people of goodwill donate things and keep sending packages or we order them at wholesalers. The problem is usually the equipment needed is a professional one so very expensive yet the amount that is needed is beyond our financial possibilities. These are for example tactical first aid kits or tactical Tourniquets. One TT that is a life saving tool costs approximately 40 euro. The amount that is needed in the hospital is around 2000 pieces. For the whole money we had 2.3 thousand euro we managed to order 77 pieces. That was 10 days ago and we are still waiting to receive them (custom duty).

The other problem is that Polish wholesalers are empty of equipment so we need to order them from abroad and it takes time. The

most effective way would be to order as big amount as possible at once and sent bigger transports.

At the moment borders are still possible to cross even though it's becoming dangerous. We are sending drivers crossing the border with our medicine, and on the way back they are taking people with them.

Our aim is to continue to do it as long as it will be possible. The needs are rising as humanitarian crisis is deepening.

The other thing that we do is we try to help people who already came and are here in Poland. They have to be provided with basic things - food, clothes, shelter, money. Our foundation operates together with Museum of modern Art in Warsaw. Muzeum gave its space and we together with Polish-Ukrainian artistic collective Blyzkist we organised a sandwich making station. We manage to make and send about 2000 sandwiches a day to Warsaw train stations. Volunteers were coming everyday to help. Also Refugees started to come to visit the help centre. Mothers with kids started to come so we opened a small common room for children were they played.

Newest list of hospital needs

- Closed system catheters
- First aid kits
- Over-the-counter antihemorrhagic drugs
- I-gel larynx mask
- Painkillers and anti-inflammatory drugs (OTC)
- Hemostatic dressings and sponges
- Bandages (various)
- Tourniquet - Junctional Tourniquet
- Hemostatic drugs and similar (e.g. powder sprays)
- Open chest injury seals
- Tactical Medical Bags
- Pelvic Sling II Tactical
- Sleeping bags
- Helmets (for civilian use, non military)

First aid kits or elements of first aid kits
Antifungal medicine (OTC)
Occlusive dressings
Antiseptic disinfectant liquid
Wound dressing kits (needles, dressing, scissors, tweezers, etc.)

Thank you for helping, in anyway possible!
We appreciated and will continue with our work

Fundacja Bqdź & Sangha Kanzeon

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Details for international bank transfers

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