

BASIC INFORMATION

1. Project title : Lions Romania for diabetes
2. Project location: Romania
3. Total project budget :v \$117,940
4. Amount of funds requested from LCIF : \$88,350
5. Project duration: 3 years (May 2023 – December 2025)
6. Project goal : To develop a network of diabetes camps for children and diabetes support groups in Romania
7. Specific project objectives:
 - Make the children with diabetes better understand their sickness and manage it in a proper way. The very ambitious goal is to help the children have a better glycated hemoglobin (which means a good management for their diabetes - a good value is below 8%) with as fewer hypo-glycaemia as possible, another goal is to help them get more independent of their parents in the diabetes management.
 - Understanding and dealing with their emotions, whether they are diabetes related or not (a strong emotion can raise the blood sugar very high) is a psychological goal along with optimizing relations between parents and children. Create a friendly environment for these children, so they might have new friends
 - Offering the possibility for the parents to get over troubles to find out their child is sick, and to empower them on how to act with their child. And maybe the most precious of all is to get them to bond (children and parents alike). Together they are stronger and their "voice" can be heard by the policy makers. They can help each other in various ways.
 - Raising the awareness of the children about the diabetes disease and increasing the visibility of Lions and LCIF, especially for the young generation.
8. Number of people who will directly benefit from this project: at least 300 children in diabetes camps, more than 2000 children as beneficiary of the information campaigns and 240 children as beneficiaries of the support groups.
9. Lions district, sub-district or multiple district submitting the project : SD-124 Romania
10. Number of Lions clubs directly participating in the implementation of the project : 6 clubs
11. Collaborating partners/organizations/institutions to be determined
12. Contact information for the primary project coordinator(s) including: name, telephone, and e-mail address
Lion Monica Misca, telephone +40721224237, e-mail monicamisca55@gmail.com

PROJECT ENVIRONMENT

13. Provide information on the project area.

- According to the most recent census, what is the population of the targeted project area? According to the last census (2011) the total population in the counties of the project was of 3,915,917 persons. It is worth mentioning that camps are delivering services for children in their territory, and also from neighboring counties.

- What is the prevalence of diabetes in the project area (please site data source)?

According to the International Diabetes Federation, in Romania, in 2019 was recorded a number of 1.278 million diabetics, aged 20-79 years with a disease prevalence of 6.9%, higher than in the European Region, one in 11 having this disease. In our country expenses in 2019 with a diabetic person were about 490 \$ / patient / year compared to an European average of 2775.9 \$/ patient / year and a global average of 1,583.3 \$ / patient / year.

- Please identify and explain the predominant barriers to accessing diabetes care in the project area.

Diabetes is not yet treated as a serious illness in Romania. The doctors are trying to set an alarm about unhealthy food and eating habits, lack of exercise and other, but parents pay attention only when a child gets diagnosed with diabetes.

Another barrier is the lack of centers to treat diabetes and to explain to children and parents what they have to do, in order for the child to have a normal life. The "Cristian Șerban" Medical Center for Evaluation, Therapy, Specific Medical Education and Recovery, from Buziaș (near Timisoara), is a unique institution in Romania, through its profile, established specifically for children and young people with diabetes and hemophilia. It is the only center of this type operating in Romania, but it cannot face all the patients that need treatment.

14. How is diabetes care organized at both the national level, and in the target area for the project (if different)?

- Please describe the current availability and quality of public and private diabetes care services in the project area.

As told above, there is only one center operating in Buzias, near Timisoara. All the other patients must refer to their doctors, either in public, or private medical care units. As private units are costly, many children and patients with diabetes go to the public hospitals, but there the queue is long and services are not always right for the patients.

- If a national diabetes or non-communicable disease prevention plan is being implemented in the project area, how does this project align with that plan?

N/A

PROJECT DESCRIPTION

15. Please include a description of the groups targeted by this project and why they were selected.

The target group consists of children aged 7 – 18 and their parents. Children are selected based on their type of diabetes, if they have not participated in such a camp, and also we consider mainly children from low-income families. The target group for the camps is of 120 children each year, for the support groups there are at least 60 persons/year (the child and one of the parents), and for the information campaign there will be at least 2000 children. The total target group per project is of 2,540 persons.

16. Indicate who the project stakeholders are, including the implementing partners and technical contributors.

- Provide a brief history of each project partner and/or technical contributor.

There will be 6 Lions Clubs involved in the project:

- Bacau Moldova Lions Club
- Oradea 22 Lions Club
- Iasi 2000 Lions Club
- Cluj 360 Lions Club
- Ploiesti Lions Club
- Arad 2007 Lions Club

Our District has been involved in special activities for diabetes prevention and control. Many clubs organize, each year, a free measurement of glycaemia on the International Diabetes Day, and illuminate important buildings in their location in blue. We also deliver special cakes for children hospitalized for diabetes reasons, and organize some public debates on diabetes.

The six Lions clubs have a different history in organizing these camps: LC Bacau started in 1995, then LC Oradea 22 followed in 2008. In 2017, LC Iasi 2000 organized its first diabetes camps, along with LC Cluj Napoca Transilvania. LC Ploiesti started this activity in 2018, while LC Arad 2007 is a new player on this topic, but they have the possibility and expertise to achieve these goals.

- Describe each partner's roles and responsibilities.

Each of the six clubs will organize camps for diabetes children in summer 2023, 2024 and 2025. A total of 18 camps, covering at least 300 children will be organized.

Their roles lie in collecting the applications, selecting the participants, setting up the camp with medical staff and entertaining activities, and deliver the camp to the selected participants. As of autumn 2023, we foresee the possibility to offer also printed materials to underline LCIF contribution and Lions activities in our district. These clubs will have a role in disseminating these materials and using the camp materials for promotion purposes.

The clubs from Cluj, Oradea, Ploiesti and Arad will also organize group sessions.

The clubs in Oradea, Ploiesti, and Arad will also organize information campaigns in schools.

Also, during the year round, the clubs look for potential sponsors, to collect the necessary funds. This is done in various forms, the most common is the fundraising club, but they also use the direct sponsorship from companies.

- Include letters from each partner organization endorsing the project and noting their roles and involvement.

17. Indicate the expected number of people who will be reached during the project. Please note the outputs of the project should be measurable, achievable, and clearly support the project objectives and activities.

The camps will reach at least 300 children, for the support groups there are at least 240 persons (the child and one of the parents), and for the information campaign there will be at least 2000 children. The total target group per project is of 2,540 persons.

18. The following supplementary questions ask applicants to provide more detail, explanation and analysis on specific project activities. Applicants are required to answer the questions from each intervention areas targeted by their project.

A. Diabetes Camps, Retreats, and Symposiums

Please provide information on the history, accomplishments and goals of the initiative, including:

- Demographics of attendees (Type 1, Type 2) Most of the children in Romania have Type 1 diabetes. Still, no children having type-2 diabetes was missed, if they applied for the camp.
- Medical institution partner description. n/a
- List of health personnel available to assist with camp supervision and/or implementation. Dr. Madalina Indrie, Lions member in LC Cluj-Napoca Transilvania.
- Provide an example of the camp curriculum. Include daily topics covered and camp activities. During day time, the children have their meeting with the doctors, to evaluate their status, to learn how to treat problems, measure glycaemia, and so on. In the afternoon, they have recreational activities with the members of the respective Lions Club. These activities consist of cycling, going to zoo, cinema movies, and other, with respect to the restrictions of the period, if any.
- Explain post-camp services and follow-up plans, including assessments and surveys. Please note that camp organizations without a track record of success are ineligible for support unless technical guidance is provided by an experienced institution, and the relationship is codified through a formal agreement.

Support groups and information campaign beneficiaries

Children are offered the possibility to keep in touch with the doctors, once the camp ends, and take part to monthly support groups. The targeted number of beneficiaries for the diabetes support groups is at least 240 children and parents, from Bihor, Cluj, Prahova, and Arad Counties.

During the information campaigns in the schools, at least 2,000 children will benefit from the information campaign, by school conferences and receiving the leaflets and brochures about the diabetes prevention and caring.

- Detail the mentoring and oversight services to be provided by the mentor organization, and the period of time these services will last

B. Diabetes Screening Activities with Comprehensive Follow-Up Care

- Please specify how many screening events are planned. n/a
- Describe the roles, responsibilities and qualifications of the medical partners involved in the screening. Highlight particular experience in the prevention, management and/or control of diabetes. n/a
- Provide a detailed plan of the protocol to be followed to ensure that people who are screened and found to be diabetic, pre-diabetic, or otherwise at risk, are given appropriate follow-up care. This should include who will provide the follow-up care, how will they ensure that the people are reached, how the care will be funded, and how outcomes will be tracked to demonstrate a continuum from screening, to intervention or treatment, to post intervention or treatment. n/a
- Medical partners who commit to providing follow-up care should have their commitment documented via an MOU (or similar document) with the Lions who are implementing the screening program. It should be specific and ideally include an estimated financial cost to providing the follow-up care. n/a

C. Diabetes Care Infrastructure Development and Equipment Acquisition

- Provide copies of facility blueprints for any proposed facility renovations/expansions. Include a narrative justification for the proposed facility enhancements, if not already explained in the project objectives. n/a
- Provide a current equipment list (including the age/status of the equipment) and a requested equipment list. Include a narrative explanation for the need of the requested equipment. n/a

D. Human Resource Training and Capacity Building Please explain what type of specialized education, training, certification or accreditation is planned:

- Provide information on the program or organization that will provide the training. Trainings should be provided by an accredited or recognized organization or entity with a focus on diabetes –related care or an associated sub-specialty. n/a
- Outline the training program specifics (i.e. education plan, training timeline, competencies and skill set to be achieved). n/a
- Detail the need for this specialized education or training as it applies to the broader community needs and this overall project. n/a
- At the conclusion of the project, how will this training be further utilized to extend the impact of diabetes care in the community? n/a

LIONS IDENTIFICATION AND INVOLVEMENT

19. What will the role of the Lions be in project management, fundraising, promotion, advocacy, and project implementation? How many Lions clubs will be involved in the project? Please list the specific roles/responsibilities of these clubs.

During the year round, the clubs look for potential sponsors, to collect the necessary funds. This is done in various forms, the most common is the fundraising club, but they also use the direct sponsorship from companies. The clubs and district will be involved in the promotion of the program, using TV channels, radio stations, posters, flyers, clubs and district websites, all social media in Romania.

20. Please describe plans for identifying the project as having been made possible by LCIF. Please note that any publicity materials and media regarding the project should acknowledge the support and involvement of both LCIF and the Lions.

We plan to design and print 7000 leaflets for the direct promotion of the project, 6 banners and 6 roll-ups one for each camp, to be displayed from visible areas, and 200 posters we will use to announce meetings held in schools and hospitals, for the information campaigns. These materials will bear the LCIF logo, the District logo and the Club logos. Also, it will include a short description of LCIF and its contribution to the camps.

MONITORING AND EVALUATION

21. Describe the planned monitoring and evaluation of project activities:

The overall monitoring of the project will be the responsibility of the primary project coordinator. She will work closely with the head of the Diabetes Committee in D-124, Mr. Ion Antonio Tache, PDG (Lions Club Ploiesti), with Mrs. Bianca Puscas (Lions Club Oradea 22) and Dr. Madalina Indrie (Lions Club Cluj Napoca Transilvania) coordinating the support groups and with each camp coordinator, in the person of the club president.

- How will each project activity be monitoring and evaluated?

Diabetes camps monitoring and evaluation:

During a camp, there will be permanent contact between the camp responsible and the project coordinator, in order to insure all the necessary steps for a successful project.

After the first year, the results will be discussed with the team and the Governor's staff, in order to improve the procedure, to transfer good practices and to avoid duplication of efforts.

Support groups and information campaign monitoring:

The project coordinator will supervise all activities for the support groups with the assistance of the two doctors in the team. Also, the project coordinator will establish with the clubs when they will perform the information campaigns, what documents they have to collect, how will they be kept.

- Who will be responsible for monitoring and evaluation, how often, and for how long?

The project coordinator will supervise the correct and timely implementation of the project, the reporting activities from each camp and activity, will organize the preparation for the implementation of the project (procedures to follow), and will look for the results of the project to be at least as indicated in the project.

Monitoring activities will take place all the project life, on the three components of the project: diabetes camps, information campaigns and support groups.

For the whole project, we plan a kick-off meeting in early May 2023, on the occasion of the National Convention. It will be a one day meeting with the entire team, to set up and agree upon the rules to be followed. Every three months, we will have regular online meetings to discuss the project progress, and in 2024 and 2025, on the National Convention, we will held our mid-term analyses of the project progress, in order to find out what are the best lessons, what should be improved and how. The closing of the project will be held in December 2024, and the final report will be sent to LCIF in January 2025.

- How will the data and results be used to improve the project/program?

22. If applicable, please include copies of any surveys or evaluations that will be used during the course of the project. To be developed

PROJECT TIMELINE, BUDGET, AND SUSTAINABILITY

23. Complete an itemized budget, using the template below, which covers anticipated income and expenses for the entire project.

- Submit the budget in US dollars.
- Individually list all project expense items and note who will cover which portion of those costs.
- Include the amount that each source (District, LCIF, government partner, etc.) is providing and indicate the status (collected, pledged or anticipated). For pledged and anticipated amounts, indicate the date by which the funds will be readily available for the project. For collected amounts, please provide a signed MOU and bank statement for verification.

- Include appropriate documentation for the expense items listed in the budget. For each item in the expense column, include pro-forma invoices, price quotations, cost estimates for renovation works, including construction blueprints, and/or other budget documentation.
- Provide a budget narrative for each of the items listed under project expenses. Justify why each item is needed and the associated cost.

Income				Expenses		
Source	Amount	Status	Notes	Expense Description	Amount	Explanation of Expense
Lions				Diabetes camps	98,000	
Lions Club Bacau Moldova	1,500	anticipated		1 Physicians and nurses	22,000	Covered by LCIF in full
Lions Club Oradea 22	6,710	anticipated		2 Accomodation	36,000	Covered by LCIF in full
Lions Club Iasi 2000	1,500	anticipated		3 Meals	25,000	Covered by LCIF \$20,750 and clubs \$4,250
Lions Club Cluj Napoca Transilvania	6,460	anticipated		4 Camps activities	15,000	Covered by clubs, in full
Lions Club Ploiesti	6,710	anticipated		Support Groups:	15,440	
Lions Club Arad 2007	6,710	anticipated		5 Materials	2,000	Covered by clubs, in full
Partners				6 Group psychotherapy	9,600	Covered by LCIF in full
				7 Rent of space	3,840	Covered by clubs, in full
				Information Campaigns:	4,500	

LCIF	88,350	anticipated		8	Speakers (doctors, psychologists)	3,000	Covered by LCIF \$1,000 and clubs \$3,000
				9	Printing posters, banners or roll- ups, flyers, leaflets	1,500	Covered by clubs, in full
Total	117,940			Total		117,940	

Budget narrative:

- a. Common expenses
Space rent – they are needed for the support groups. We considered a very low rent of \$6.67 per hour.
- b. Expenses for the diabetes camps
The doctors have a fixed income - \$300/camp, we considered the need of two doctors in each camp.
The nurses ensure the continuous surveillance of the children. We considered 2 nurses / camp / year; this means a total of 42 nurses. The average wage in their case is of \$295.
Accommodation will be provided in double rooms, a total of 150 rooms are necessary for the three years and 300 children in the camps. The average cost of a room is of 150 RON (3.75 RON = \$1), or \$40.
The food has been considered based on the previous experiences, per child, and it costs \$83/child for the entire time he/she is hosted in the camp (a daily rate of \$11.9)
For the entertainment activities, there are various ways the Lions Clubs approached this, considering what is possible in each area: Muppet shows, magic games, camp fire, walks, visiting museums, pottery, theater, watching movies and so on. The average value per child is of \$17 for a seven-day camp.
- c. Expenses for the support groups and information campaigns:
 - 4 groups for treatment (240 people)
 - 27 months available for therapy
 - 27 sessions per group in 3 years
 - 100 USD/therapist-session
 - 4 hours / session
 - 10 psychologists into the whole team, from which 2 volunteers

24. Explain how the project will be sustained in future years. Describe who will be responsible for operation, maintenance, and administrative expenses.

Once the project is successfully implemented, the visibility of Lions clubs in Romania and of LCIF will grow considerably. Other camps are foreseen to be created, and the existing ones will continue, due to the financial support of Lions and through the fundraisings they organize each year. This success story is envisaged to end in a series of TV shows broadcasted nation-wide, and there is also the possibility to organize fundraising through a telethon, which will considerably increase the incomes to cover our activities. Also, we will use the movie that LCIF has shot during our first diabetes grant, movie that was played at the International Convention in Milan, 2019.

25. Please include a timeline for project implementation and completion.

[illegible]

DISTRICT GOVERNOR'S ENDORSEMENT (SINGLE AND SUB-DISTRICT LEVEL GRANT APPLICATIONS)

This to certify that I have reviewed the LCIF Diabetes grant criteria and grant application. To the best of my knowledge the information submitted is accurate and the need exists as indicated. I endorse this proposal and will do everything within my power as administrator of any funds granted to assure their proper and efficient use, proper accounting and regular reporting to Lions clubs international foundation.

Ciprian Iosep

SD-124

District Governor Name

District Number

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Telephone

Email

February 1st, 2023

Signature

Date

