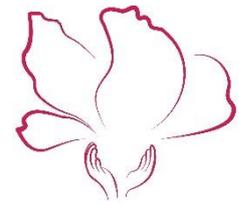


## TENDER FOR THE ANNA RICHTER PRIZE

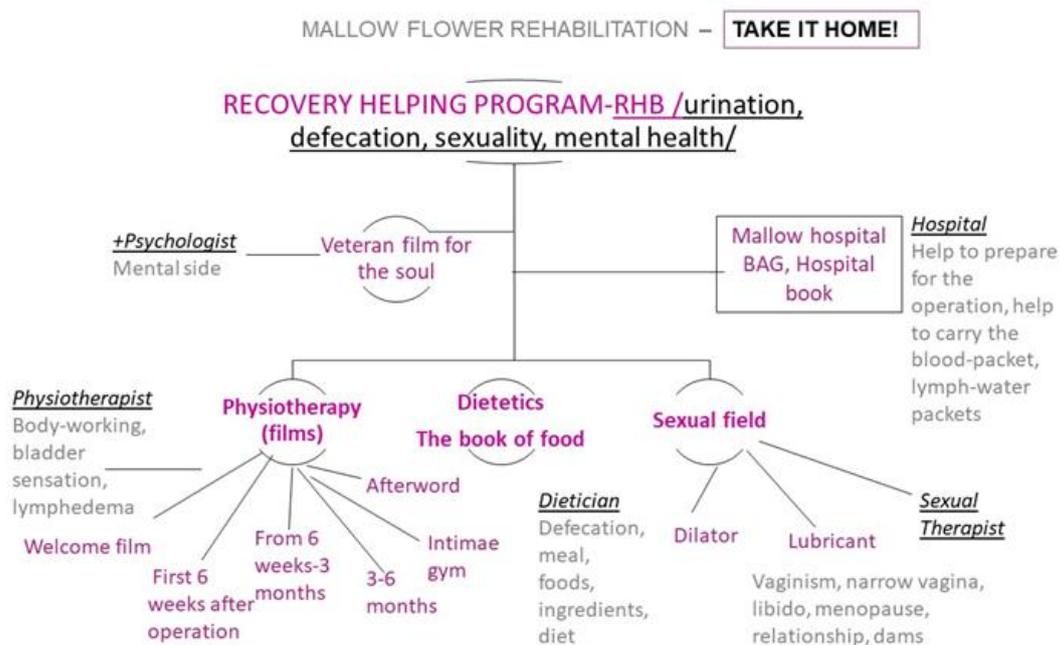


### Mallow Flower Foundation

#### Recovery helping program(RHP)

*Institutional and home rehabilitation for those affected in cervical, ovarian and endometrial cancer*

Our Recovery Helping Program's aim is to support the mental and physical improvement as well as the life quality development of the individual which is moved forward by the home rehabilitation therefore strengthens the institutional rehabilitation.



**We would like to support home rehabilitation from the donation and continue our Recovery Helping Program. Certain elements have already been worked out but we always need new editions:**

- **Mallow Flower Hospital booklet:** gives preparation for the operation, starting from the things need to be taken to hospital, what is going to happen before and after the operation, how the anaesthetics and waking up will go, what to eat, what body parts to move and how the patient will feel. The above mentioned changings in the three functions are also included:

[https://issuu.com/malyvaviragok/docs/malyva\\_konyvecske](https://issuu.com/malyvaviragok/docs/malyva_konyvecske)

**Printing fee for 2000 pieces: approx. 400 000 HUF**

- **Dietetics Codex:** the book to be in making discusses special eating, ingredients and it also focuses on hoove, water intake and defecation facilitation. The Codex was specifically written with great focus on gynaecologic cancer types.

*Under construction. The fee is for 1000 pieces: approx. 800 000 HUF*

- **Physiotherapy, perineal muscle therapy films** with what we continuously support patients in recovery from the first moment:

[www.youtube.com/malyvaviragalapitvany](http://www.youtube.com/malyvaviragalapitvany) - RHP physiotherapy

*Ready, no additional fee*

- **„Sexual life again“ book:** currently being implemented, includes the changed conditions, their treatments and helping equipments

*The fee for 2000 pieces: approx. 400 000 HUF*

- **Ways and tips on the toilet lid – pee and poop booklet,-** , which provides widespread support for all the above mentioned problems

*On final stages, printing fee: 2000 pieces approx 400 000 HUF*

- **Chemotherapy leaflet:** helps to prepare for chemotherapy and gives possible solutions to the side effects that may arise during treatments

[https://issuu.com/malyvaviragok/docs/malyva\\_kemo\\_kiadvany\\_2018jan](https://issuu.com/malyvaviragok/docs/malyva_kemo_kiadvany_2018jan)

*Ready, the fee is for 2000 pieces approx. 400 000 HUF*

- **Radiotherapy leaflet:** currently being implemented, mental preparation for radiotherapy, the process of the therapy and it's side effects

*In progress. The fee is for 2000 pieces approx. 400 000 HUF*

- **Nurse card:** The supporter of nurses who work for gynecology and oncology departments. It lists the detailed daily tasks and gives helping opportunities before and after extended surgeries. We would like to have it as a protocol

*Currently being implemented, the fee is approx. 100 000 HUF*

- **Dilator kit,** in case of sexual dysfunction , narrow vagina, vaginism, helps in rehabilitation – our goal is to make it health insurance covered

*Provide 15 pieces of dilator kits free of charge for those who cannot afford it.*

*The fee is approx. 270 000 HUF*

- **Lubricant for rehabilitation purposes,** plays an important role when starting and maintaining the sexual life, helps to prevent vaginal dryness and pain. It counts what lubricant we use. Our Foundation has chosen this lubricant after thorough research based on patient's experience and what meets the requirements- the purpose is to make it health insurance covered.

*Provide 20 kits annually for those who cannot afford it.*

*The fee is approx. 100 000 HUF*

- **Mentor program** a closed community where women with cervical and ovarian cancer can chat (“Mályvavirág közössége” closed group on Facebook). Each mentor has certain number of affected women and the mentors closely follow their paths until full recovery- patient path management- under implementation

*Education of the mentors and building supervision approx. 600 000 HUF*

- **To my soul** leaflet – psychological and spiritual educational leaflet that accompanies the person in the hospital and at home, relaxes the mind and strengthens, educates the soul

*About to start, the fee for 2000 pieces approx. 400 000 HUF*

- **Menopause booklet** :an informative helping booklet about hormone replacement

*To be developed, the fee for 2000 pieces is approx. 400 000 HUF*

- **Sachet:** it is very difficult to move with urine and blood collector sachets in the hospital and visitors might get distracted by the sight. We always recommend the use of a so called „decorated sachet” to which we can place our collector sachets therefore moving becomes easier and more „hidden’.

*Planned, waiting for funding. The fee for 2000 pieces is approx. 500 000 HUF*

All the elements of the Recovery Helping Program is carried out by professionals and possible to get them in hospitals, in the Foundation and in the Mallow Flower Spots. Certain components can be found online as well.

*To give publicity to RHP, create hospital posters, leaflets , 200 000 HUF*

**Altogether: 4 570 000 Ft – if our project gets the support and the real budget is so, we are happy to add our work to it!**

[www.malyvavirag.hu](http://www.malyvavirag.hu)

*Mallow Flower is the flower of mature woman. Persistent, strong and very beautiful!  
Actually, all women are mallow flowers but sometimes our blooms get hurt. For this, we need to look for ourselves and each other!*

**Yours faithfully and thankfully,**

**In the name of the Mallow Flowers,**

**Tóth Icó/Nagy-Tóth Ildikó  
Director of Mallow Flower Foundation  
toth.ico@malyvavirag.hu**



**A méhnyakrákos nők gyógyulásáért és a megelőzésért**