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INDEPENDENT NEWS FROM RUSSIA

Charities – Donate & Contribute

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There are many opportunities to help others. In Moscow there are several options when it comes to charities. Here we list a few where you can donate clothes & furniture, donate money or help by spending time with people in need.

CHARITABLE FOUNDATION HELPING CHILDREN WITH CANCER

The Nastenka Charitable Foundation was founded in February 2002 with the support of the Pediatric Oncology & Hematology Research Institute and the Russian Oncological Scientific Center at the Russian Medical Academy. Nastenka seeks to provide comprehensive, free treatment and care for children with malignant tumors. The goal of the Foundation is to improve the quality of diagnosis & treatment of children with cancer, as well as assistance to the families.

How you can help:
- Donate *money* for medicine and practical items: https://nastenka.ru/howto/donate
- Donate specific *practical items*: https://nastenka.ru/howto/things
- Donate your *time*, by playing with the children and bring some joy to their tough life: https://nastenka.ru/howto/volunteer

PROGRAMS TO HELP UNDERPRIVILEGED PEOPLE IN MOSCOW

MPC Social Services is a non-religious charity and started in Moscow with soup kitchens. Over the years the programs have expanded according to the ever-changing needs of the community: Russian pensioners, single mothers, immigrants and refugees. They receive care, including access to food, medical consultation, clothing, and shelter. Currently, the community includes Russians, Afghans, and Africans (from Nigeria to Madagascar) and includes the languages of English, Russian, French, and Dari.

How you can help: http://mpcss.org/volunteer/
- Help out with the pensioners *Food&Fellowhip program*: cooking, distributing & socializing
- Help out with translation or professional medical knowledge at the *Medical Advice Center*
- Help African children learn French in the *Children's Education Club*

TO IMPROVE QUALITY OF LIFE OF CHILDREN WITH DEVELOPMENT DISORDERS

The mission of Diema's Dream Fund is to provide effective & professional support to children with developmental disabilities and to their families. And to help disabled children adapt to society and change the public attitude towards disabled people. They are improving the quality of life by habilitation, rehabilitation, surgery, treatment and social adaptation.

How you can help:
- Donate *money*: https://ddfrussia.ru/en/sdelat-pozhertvovanie/
- Donate *clothes*: https://ddfrussia.ru/en/kak-pomoch/peredat-veshhi/
- Donate your *time*, by helping out with activities or trips or visit an orphanage : https://ddfrussia.ru/en/kak-pomoch/volonteram/

TO PROMOTE EFFECTIVE TREATMENT AND MEDICAL REHABILITATION OF CHILDREN

This fund is helping the hospital and Russia's largest burn center, which annually treats about 2,500 children who have suffered severe burns. The main task is to promote effective treatment and medical rehabilitation of children - patients of the hospital.
The Foundation assists the hospital and the Burn Center in acquiring modern medical materials and equipment that are not covered by the hospital budget or are urgently needed.
How you can help:
- Donate *money*: https://www.childhospital.ru/donate

TO PROVIDE SEASONAL CLOTHING AND BASIS NECESSITIES FOR PEOPLE IN NEED

The charity-shop is an organization that supports large families, social shelters and nursing homes by giving them seasonal clothing, household textiles and basic necessities. Every week they transfer clothes to social service centers in Yaroslavl, Tver, Novgorod, Voronezh, Smolensk, Ivanovo, Ryazan and other areas. Before transferring things are carefully sorted according to needs and undergo a manual quality control. They employ people from socially unprotected groups. These groups are not competitive in the open labor market, but thanks to getting a job, they can solve their social and living issues and acquire the necessary professional skills to increase the chances of finding a job and believe in themselves.

How you can help:
- Donate *clothes* in drop boxes throughout the city: https://vtoroe.ru/modno-sdat/clothers/
- Donate *money*: https://vtoroe.ru/projects/help-us/

CHARITY GROUP THAT FOCUSES ON CHARITY PROJECTS SUPPORTING CHILDREN

The IWC Charities Group is run by members from many different countries who want to work together to reach out to people in this country and make the difference. The purpose is to ensure that the IWC Charities Group is able to help those who need it. As the IWC Charities Group is run by volunteers, there are no administrative costs included, so all donations go directly to those in need.
How you can help: http://iwcmoscow.ru/charities/volunteer-with-the-charities
- *Joining* the IWC Charities group
- signing up for *volunteering* at some of their supported projects

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