



1ST NEWSLETTER

SPAHC FIRST TRANSNATIONAL MEETING

Ceutí on the 24-25th of October 2016

Spain

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Today our society face different challenges: parents lack of parenting and social skills, they don't use digital media in an effective and safe way, they carry out too sedentary lives and do not spend enough time with their children. Educators lack of enough tools and methodologies to reach parents and them to carry out healthier lifestyles.

SPAHCO

(Stronger Parents – Healthier Communities) is a 2 years project, aimed at developing innovative ICT tools and methodologies for adults' educators to reach parents, providing them parenting skills, making them aware of the importance of carrying out healthier lifestyles and offering them activities and tools to achieve these objectives.

Co-financed by the Erasmus + Programme (Strategic Partnerships for Adult Education – Cooperation for Innovation & the Exchange of Good Practices), partners in this project, coming from 7 different countries, educate adults on healthy preventive measures.

TARGET: The first target group is adult educators to which the partnership will make available the intellectual outputs developed through the project. The second beneficiaries are families, especially those with children from 0 to 18 years old, carrying out healthier lifestyles.

OUTCOMES: The project will develop two intellectual outputs: An on-line game on healthy issues for adults and children to play together, an app which will show healthy activities taking place in partners' municipality and surrounding towns and which will serve to send awareness raising messages to parents.

A User's ICT Guide for Adult Educators with recommendations to use and manage the ICT tools in the most effective way, with all the lessons learnt through the project will be also developed.

Expected results:

Powerful tools for educators addressing parents and families on healthy issues.
A great impact on citizens, helping them to follow healthier lifestyles.

Key aspects:

Programme: Erasmus + KA2 Adult Education
Starting date: 01/ 09/ 2016
Ending date: 31/ 08/ 2018
Budget: 182.070,00 €

Partners:

- Ceutí Municipality (Spain),
- Viborg Municipality (Denmark),
- A.L.I.A.T. (Romania),
- Gmina Miejska Ilawa (Poland),
- Iskenderum Youth and Education Association (Turkey),
- Euro-Net (Italy),
- Public Health Institute of Varazdin County (Croatia).



SPAHCO FIRST TRANSNATIONAL MEETING

SPAHCO kick-off meeting took place in Ceutí on the 24-25th of October.

This meeting was an opportunity for partners to meet each other and present their organisations experience regarding the project, as a starting point.

Viborg municipality, who had been the lead partner of a former EU project called "Power To Resist" on which ALIAT and Ceutí had also participated, explained the main results to the rest of partners, so that all could learn from it and capitalize on these outcomes.

Power to Resist was a Grundtvig Project focused on changing alcohol culture on European families, the main aim being to assist society, informal and non-formal education organizations/associations to get better knowledge and tools on how to change adults, parents and families attitude towards alcohol.

The workshop was an opportunity to learn from other partners best practices (just to name only some examples):

- The sectoral committee for the implementation of the National Strategy for the Promotion of Health in Ceutí (Spain)
- "Come on youths, Let's Do Sports" in Iskenderun (Turkey)
- "Young Voluntary Work" and "Young Leaders" in Ilawa (Poland)
- Awarded e-games developed by Euro-net (Italy)
- Harm-reduction activities & social economic enterprises in Bucharest (Romania)
- "Little and Healthy" in Varazdin County (Croatia)
- SSP early prevention and work in reference to digital culture in Viborg (Denmark)

The project leader revised the methodology that would be followed during the whole project life

and gave some guidelines on activities eligibility and UE visibility.

Partners established the next project steps and agreed on a date for the two following transnational meetings.



**POWER TO
RESIST**

STRONG PARENTS & HEALTHY COMMUNITIES

During the first project meeting, participants worked in groups to exchange views and draw conclusions on a common understanding of what is considered "Strong Parents" and "Healthy Communities".

Stronger Parents:

- Don't ever beat their children. All participating countries have a law against beating children.
- Don't give prizes for good behavior or good results.
- Are generous with the one-to-one talks with their children. SP are strong listeners.
- Don't ever shame their children to achieve another behavior.
- Don't kiss their children in front of others.
- Are not workaholics. They spend time together with their children.
- Recognize the effort – and not the result.
- Gets friends again after a quarrel – and show their children how to get there
- Do not spend too much time in front of the screen
- Must be aware of the mirroring taken place. Monkey see – monkey do.
- Look at TIME as a strong factor of children's wellbeing
- Have learned from the past – but live in the present!
- Educate and motivate their children
- Are soft parents
- Prepare children for life
- Accepts parents to be different
- Are happy parents
- Don't do emotional extortion ("How can you be like this! - After all I have done for you!")
- Are involved with other parents
- Are interested in other children's life. - - Not only their own.

- Are flexible parents
- Are consistent and well balanced
- Show children how to reach out for help
- Give children the knowledge to understand other people
- Give time – a gift for them and us
- Don't preach but talk respectfully
- Make children feel safe
- Don't do physical and mentally violence
- Show their children, that LOVE is to have time for other people
- Make good family rules
- Do homework together with the children and pay attention to the day at school
- Listen to music together with the children
- Show own emotions – and make it safe doing so
- Say no – but explain afterwards
- Know where to research
- Know where to look for healthy communities
- Understand their children and make them feel understood
- Respect children's feelings and motivate them to do more talking about it
- Give children tools to healthy, economical behavior.



Healthy communities:

- Are well connected
- Have a strong identity
- Are active and creative
- Are walking towards Health
- Make children feel, they belong
- Organizes "Kindness day" every month
- Organizes flowers to all mothers on "Mothers day"



- Presents a positive mindset
- Don't wear a mask
- Dare to tell the truth
- Don't judge and joke
- Don't roll your eyes
- Make leisure activities
- Make local networks
- Make sure, that children are happiest, when they are with their friends and their parents



- Organizes "Children run for other Children"
- Organizes lunch between parents at schools
- Organizes "Mother-Groups", where mothers on maternity leave talk and share issues
- Organizes "Scientific Picnic" (high-schools-students to pupils in primary schools)
- Are schools, where children are not allowed to bring their own devices
- Is a platform to develop the class-community
- Is a platform of openness on different issues.
- Are good communication among members
- Make interaction
- Make sense of belongings – both children and all adults
- Have visions
- Presents positive body language

PRESENTATION OF PARTNERS

Ceuti Municipality (Spain)

Lead Partner

The Municipality of Ceuti, situated in the Region of Murcia (Southeast of Spain), has a population of 11,400 inhabitants, but it is very well connected to big city areas.

Ceuti is signatory of the Prevention and Health Promotion Strategy of The Spanish NHS, which main aim is to raise healthy life expectancy, free of disability. It will bring best practices from the whole country.

www.ceuti.es

Viborg Municipality (Denmark)

Viborg is the 9th largest municipality in the country. The figure of SSP (collaboration among social authorities, schools and police) is a best practice. They base their work on early prevention and will lead the topic "digital culture", on the right and responsible use of new technologies.

www.viborg.dk

Euro-net (Italy)

Based in Basilicata Region, Euro-net is a non-profit organization, representative of numerous European networks, with a sound experience in the development of e-games and cartoons, and a large background of participation in EU projects. They will be in charge of developing the app and on-line game.

www.euro-network.eu

www.synergy-net.info

ALIAT (Romania)

Aliance for the Fight Against Alcoholism and drug Abuse is an NGO which has provided services to more than 17.300 drug users, 1.400 alcohol users and trained more than 1.200 professionals in Early detection and Short interventions in alcohol use disorders. They will lead the topic "Social skills".

www.aliat-ong.ro

Ilawa Municipality (Poland)

The Psycho educational Prev

ISKENDERUN Youth and Education Association has experienced in educating people in risk of social exclusion in many different ways. They will lead the partnership work social inclusion in very project step.

www.osrodek.ilawa.pl

ISKED (Turkey)

ISKENDERUN Youth and Education Association has experienced in educating people in risk of social exclusion in many different ways. They will lead the partnership work social inclusion in very project step.

www.iskenderun.org.tr

Public Health Institute of Varazdinska County (Croatia)

Responsible for health promotion, well-being improvement and disease prevention for around 200,000 living in Varazdin County. Bringing interesting initiatives as "Little & healthy" and "Walking to Health", they will lead the topic "Healthy Communities".

www.zzjzzv.hr

More project info on:

- <https://www.facebook.com/StrongerParents/>

- www.spahco.eu



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