



2ND NEWSLETTER

SPAHC SECOND TRANSNATIONAL MEETING

Potenza on the 23-24th of January 2017

Italy

This publication was realised in the project "SPAHC" in the framework of the European programme "Erasmus Plus KA2 Strategic Partnerships for adult education". This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project's code: 2016-1-ES01-KA204-025099

SPAHCO SECOND TRANSNATIONAL MEETING

The second meeting of SPAHCO Project took place in Italy at the headquarters of the EURO-NET in Potenza (Italy).

The second meeting was held in Potenza, a little town in the South Italy.

During the meeting, the following activities were discussed:

- Presentation of participants,
- Icebreaking,
- Summary of the project,
- Presentation of work undertaken,
- Discussion on the app and e-game,
- Presentation of good practices,
- Discussion of dissemination tools.

Below you can see some descriptions of the activities undertaken by each partner in its own country or presented during the 2nd meeting in Italy.



participated in the annual conference in Madrid, dedicated in 2016 to an Active Lifestyle.

Ceuti gathered best practices at a national level which presented to SPAHCO partners in Potenza:

- DAME 10 programme to fight sedentary life at school, proposing funny and educative active breaks in class
- The healthy warrior. By eating healthy, doing sport activities with the family... children may earn a currency called healthy that they may exchange for prizes like a ball, an excursion trip.
- Intergenerational cultural walks.
- Mission X: Train Like an Astronaut is an international educational challenge focusing on fitness and nutrition to encourage (we. <http://trainlikeanastonaut.org/about>)
- "Safe way to school" in Cordoba, where the municipality has encouraged the collaboration of different agents to encourage children going to school by walk or bike.
- Active programme, where doctors prescribe exercise to people with cardiovascular risks, and the programme pays for the classes.



WORK DONE BY PARTNERS IN THE LAST PERIOD

CEUTÍ MUNICIPALITY (Spain)

Being a signatory of the Prevention and Health Promotion Strategy of the Spanish NHS, Ceuti

GMINA MIEJSKA ILAWA (Poland)

Since the first transnational meeting in Ceuti (Spain) Psychoeducational Centre in Iława organized a number of activities connected with the realization of the SPAHCO project.

One of them was a series of meetings with the representatives of educational institutions of Iława.

During the meeting on 5th of October 2016 the matters of cooperation between the institutions and implementation of preventive activities were discussed. In addition to that, all the participants were informed about the tenets of the Erasmus + Project SPAHCO.

Another event worth mentioning were two workshops entitled "How to help people who experience family violence?" which took place on 9th and 23rd November.

Professionals from the Municipal Center of Social Services and policemen from the District Headquarters took part in the workshops where they could improve their skills in terms of the first contact with a person affected by violence and diagnosis of family problems.

On 28th of December (Wednesday) Psychoeducational Center in Iława was turned into The Family Center of Games and Activities. The main event which attracted over 40 people was The Christmas Family Fifa 17 organized as a part of SPAHCO.

Other events: Santa's Football Tournament for children, Christmas Eve Dinner for all the workers and partners, presentation about SPAHCO during parent-teacher meetings in Iławian schools.



VIBORG MUNICIPALITY (Denmark)

In Potenza, besides presenting inputs from qualitative interviews with local experts on apps aimed at

families, the team from Viborg Municipality, Denmark among others presented their best practices since the Ceuti Workshop in autumn 2016.

In focus were major aspects from their continuous meetings with parents and children in schools and institutions in Viborg, where the overall focus is on early prevention and healthy communities.

Especially Viborg put focus on a local success story that have recently emerged through years of work: It is the shutdown of the last "bag party" in Viborg which have existed for nearly 15 years.

The shutdown is mainly the result of parents in Viborg becoming STRONGER in their care for the children in relation to alcohol - and parents who have dared to care about a HEALTHIER COMMUNITY for their children. Thus, this shutdown comes very much in line with basic ideas of the SPAHCO project.

Further Viborg presented their membership of Strong Cities Network, which could also be relevant for some of the other SPAHCO partners. The Strong Cities Network (SCN) is the first ever-global network of mayors, policymakers and practitioners united in building social cohesion and resilience to counter violent extremism in all its forms. Finally, Viborg's membership of WHO European Healthy Cities Network was shortly introduced.

PUBLIC HEALTH INSTITUTE OF VARAZDIN COUNTY (Croatia)

The Croatian partner, since the last meeting in Spain, organised the following activities regarding SPAHCO project:

1. Marking „addiction awareness month“ in the Public Health Institute of Varazdin County
In the period from 15 November to 15 December Public Health Institute of the Varazdin County marked this month with a number of events to draw attention of the public to the importance of prevention and early detection of alcohol and

drug abuse, as well as the importance of prevention and detection of new addiction to gambling, the Internet and other social networks.

2. Mental health and addiction prevention in the local community"

"Mental health and addiction prevention in the local community" with this year's focus on the connection between ADHD - and addiction. The meeting covered a range of information about addiction problems in Varazdin County for the previous nine months of 2016 on which we informed the president of the Committee for combating drug abuse and the Varazdin County. A series of new and interesting information on the issue of narcotics in Varazdin County, presented by the representatives of the Varazdin Police. Particular emphasis was on increased abuse of cannabis among adolescents, and consumption of new synthetic drugs yet unknown diagnosticians and therapists that could cause a number of problems in their detection and presence in drug consumption.

3. "Lucy's story"

17 November 2016, a play for high school students of Varazdin county called Lucy's story in the Croatian National Theatre in Varazdin. The play was staged by the Association Hepatos Rijeka in cooperation with Ri theater. The play is educational but also humorous, emotional and dramatic in the way of addressing the issues of prevention, ways of transmission of hepatitis C, risks and responsible sexual behavior, and generally on how to care for youth own health and prevent transmission of hepatitis C among the adolescent population. The main character of the play is eighteen year old adolescent Lucy with health problems in the form of constant fatigue. After a visit to the doctor she finds out she has been infected with the virus of hepatitis C. The play shows how Lucy faces that fact and the reactions of her environment.

4. Everyday work

In the Public Health Institute of the Varazdin County we take care and provide mental health care for patients who abuse drugs and alcohol and their families. We advise parents about risky behaviour and early detection of alcohol and drug abuse and also provide treatment.

A.L.I.A.T. (Romania)

A.L.I.A.T. realized the following activities in the last months:

- Meetings with educators and parents from ALIAT's kindergarten network (Brit Academy) in order to inform and promote SPAHCO and also to spread the questionnaire regarding the App that will be developed later.
- Discussions with social workers and psychologists from ALIAT centres for vulnerable teenagers (opened in partnership with Unicef Romania)) in order to inform and promote SPAHCO and also to spread the questionnaire regarding the App that will be developed later.
- Internal meetings with ALIAT staff from headquarters and other social enterprises in order to communicate about SPAHCO project and its outcomes.
- Interview with a Romanian App Developer regarding Trends in Apps in Romania and some advice about our App.

ISKENDERUM YOUTH AND EDUCATION ASSOCIATION (Turkey)

Taking "Stronger Parents, Healthier Communities" as our main goal, we - Iskenderun Youth and Education Association - have organized workshops, sportive courses, an ICT course, a CV writing course and a paper marbling course which is one of the traditional Turkish handicrafts. To announce the workshops, we got in touch with the local press, gave brochures out to schools, Iskenderun Youth Education Center, public education centers

and Iskenderun municipality. We have conducted a questionnaire to find out parents' preferences as for the activities they want to do with their children. We have created a parent-library within our association. Parents have the opportunity to come and borrow whichever books they want to read. We have organized book workshops for parents to internalize the books and use the knowledge they have acquired by reading in their personal lives. They watched two movies: 3 Idiots and Dead Poet Society. We have arranged a movie-discussion session. We have gathered together with SPACHO family in Potenza and we gave a presentation regarding our organization and the activities we have done in our city and we arranged ice-breakers during the meeting. Besides, we had an interview with the local press in Potenza.

EURO-NET (Italy)

During the second project meeting, the Italian partner EURO-NET presented the draft version of the official web site.

All the partners discussed about the sections to be developed and how to organise them. It was also decided to create a google web space to upload all the materials.

The official web site address is www.spahco.eu. Below the image shows how the web site appears on the homepage.

An other part of the discussion was dedicated to the development of the e-game to decide in which directions the Italian technicians should work to create it.



More project info on:

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

