



TRAININGS

At this stage of the project, trainings were organised following two different approaches and targeting two different target groups. This is fully in line with the concept of differentiating two target groups for the rest of the project activities, aiming to maximise the efficiency of reaching out to the two distinguished target groups (local elderly people, social professionals) by offering them tailored and relevant content and activities within the project. The trainings organised for the local elderly were primarily focusing on maintaining (re-gaining) their physical abilities, to prevent or reverse certain age-related health issues, such as cardio-vascular problems, reduced stamina, weak muscles, limited and restricted limb and joint movements. Bad posture and overall coordination problems may derive from weak (core) muscles and the loss of ideal muscle balance, that ultimately could cause further balance problems or even osteoporosis.

By elderly age the way we walk changes, becomes significantly slower, wider based and one may even start to doddle. But if you are worried about falling, you may tend to watch closer to your feet, bend over thus your posture becomes more and more bent. The combination of these factors increase the likelihood of accidents such as falls and fractures that ultimately could lead to a series of further complications and diseases (e.g pneumonia etc). Physiotherapy aims at preventing these causes, primarily by maintaining muscle power and volume at an adequate level. The contraction of the muscles improves local circulation and helps nutrients and other mineral substances to be built in. In addition physical exercise provides a stimulus that contributes to the increase of bone mass and volume, that directly affects one's posture and aids one to keep the freedom of movement. By these practices movement related insecurities can be significantly reduced, personal confidence can be boosted



Some of the participants have never been engaged in such activities before.

(„if i can move right, I am more capable of doing a series of other things too”) and the development of certain psychological barriers can be prevented.

The applied physiotherapy focuses on exercises and that aim at improving the posture, overall coordination and balance as well as at strengthening the weak muscles and stretching of shortened muscles. These exercises can be practiced with or without any gear to suit the most the individual's physical condition. Those movements involving some gear have better overall efficiency than those without any equipment, but too much of workload may increase the risk of fractures or other injuries for those with osteoporosis, thus adequate loads and means must be carefully identified and assessed.

There was a total of 4 trainings conducted by experienced and certified physiotherapists for the elderly target group. Local capacities allowed two of these trainings to



All major regional organisation in the field of social care have delegated participants for the training.

be held at the local spa, with special exercises developed for a pool environment.

For some of the participants of these training events, primarily for those who live in the sprawl, this was the very first time to visit the local spa (even though the municipality provides free entrance for the local elderly) or to participate such a physiotherapy session. Engaging the target group the project was assisted by the head and staff of the local elderly club. These events were highly popular among the elderly and there seems to be a great demand on their side for continuing this initiative on a regular basis.

The second target group of the trainings included primarily the staff and management of the local and regional institutions that are active on the field of social care, but other disciplines were also represented at these events delegating participants from various municipal bodies or featuring as dedicated non-professionals. There were two training-combined-workshops organized for them conducted by a qualified supervisor/coach/therapist. The thematics of these events was developed around the topic of "communicating with the elderly" and the following aspects were covered and assessed: changing communication patterns with progressing age, understanding and challenges to understand, asking, offering and accepting help, conflict management, peaceful communication. All of the participants were very pleased by these trainings and they found the topics and the gained knowledge very useful from their professional perspective.

OTHER EVENT

Early November saw another professional gathering organised within the frame of the project at Morahalom. This time the focus was on the topic of volunteering, with

special attention to the ways and means how voluntary work could facilitate improving the existing local elderly care capacities as well as how to widen the circle of currently available spare time activities by incorporating those extra capacities voluntary work may provide. Every major organization from the region that has any relevance to the field of volunteering represented itself at the forum. After a more generic opening session every represented organization introduced itself to the participants. This part was followed by an informal discussion where everyone could highlight those areas where they could see their contribution to the objectives and activities of the current project. In addition to that larger concepts were drafted about how volunteering could be incorporated to the daily practice of certain local or regional organisations' routine in a sustainable fashion even long after the project will have been finished. The agenda systematically covered topics that can be directly related to those areas of voluntary work that aim at bridging gaps between generations. These topics



The topic of volunteering had been thoroughly discussed within the frame of a dedicated event.

were as follows: 1) Voluntary youth work for the benefits of the elderly, 2) Voluntary work of the elderly benefiting the younger generations 3) Voluntary elderly work targeting other elderly people, 4) Voluntary elderly work with a special focus on the community, 5) Mutual voluntary work (joint activities for the younger and elderly volunteers)

The following organisations delegated participants to this event:

- Talentum Foundation for Supporting Voluntary Work (rep: Melinda Ciceri)
- Szeged-Csanád Diocese's Catholic Organization for Charitable and Social Action (rep: Hajnalka Ancsa-Molnár)
- Family Center of the Szeged-Csanád Diocese (Bucskóné Lehota Ágota)
- Homokhát Regional Social Care Institution (Csótiné Ördög Edit)
- Municipality of Mórahalom (Farkas Márta)

MID-TERM PROJECT EVENT

The mid-term project event was organised in a slightly unusual way. To tackle a series of logistical and professional issues and also to maximize the number of participants the event was split into two each targeting a different target group similarly to the way the trainings were organised. The first one was the larger, that had taken place on December 8th at the same venue the kick-off meeting was held. It targeted the elderly target group and their families and relatives. We put special emphasis on reaching out to the elderly population of the region and we were pleased to find that our event was visited by over 100 people, at least half of them from the small communities around Morahalom, and we had the chance to introduce them to the main objectives of the project and to update them about the activities and results so far.



The public session of the mid-term project event was participated by over 100 elderly from the Homokhát region. I

The second event was primarily targeting the professional community including the local decision makers and there is no surprise that the number of participants at this occasion was significantly lower than at the previous one. It was held on December 15 at the city hall of Morahalom. Apart from the professional representatives (staff of the local social care institutions, project partners etc) the Mr Mayor, deputy mayor and members of the community board were also participating. This SINTEF, the Norwegian donor partner did not represent itself simply due to the fact, that a few weeks prior this event the whole consortium had the chance to meet within the frame of a major meeting hosted by the Hungarian Implementing Agency in Budapest.



Ms. Marta Farkas briefs the participants of the professional session of the mid-term event.

This event also hosted detailed presentations covering the activities and the results of the project thus far, as well as the upcoming tasks were introduced to the audience. Also, a separate section was dedicated to discuss the actual construction phase of the building, and to check the progress against the delivery plans. Towards the end of the meeting an informal discussion allowed the participants to discuss any issues that are related to the implementation of the workload scheduled for the upcoming months till the end of the project.

BUILDING PROGRESS

As a direct result of the rather mild and dry late autumn-early winter period roof construction works were fully completed meeting the internal deadlines and well before the exceptionally harsh January weather, allowing the contractors to work on the interiors of the building uninterrupted by the freezing temperatures. Photodocumentation covering the progress of the building process is available at the designated gallery on the project website at <http://www.morahalom.hu/beruhazas>

Istvan Pari

Projekt coordinator

Tel. +36 1 250 6703

E-mail: istvan.pari@geonardo.com

