



# Newsletter

N.2 - March/2023

**Welcome to the second issue of our newsletter where you can find the latest updates about our work on the Erasmus+ SINCALA project.**

## A MANUAL TO IMPLEMENT NARRATIVE BASED SESSIONS FOR INFORMAL CARERS

This manual is the second outcome of the SINCALA project. It is a practical resource that intends to provide professionals from the health and social care sectors with a methodology to implement support sessions for carers based on the reading of stimuli (such as poems, tales or extracts from longer texts), the exchange of feelings raised by this activity and their crystallization through expressive and spontaneous writing techniques.

The manual provides background information, step-by-step guidelines for the implementation of the sessions as well as a selection of stimuli available in the different partner languages to be used during the workshops, with the ultimate goal to allow more and more professionals to exploit the lessons learnt through the Sincala project.

The manual can be downloaded in English, Estonian, Greek, Russian, Italian, Portuguese and Slovenian from this link:  
<https://sincala.eu/documents-2/>

## LEARN MORE ABOUT INFORMAL CARERS WITH OUR MOOC!

The Estonian partner University of Tartu has released a very interesting resource for professionals from the health and social care sectors working with older people and their informal carers. It is a free MOOC developed within the SINCALA project whose goal is to help professionals identify and address violence-related issues in informal caregiving relationships.

The course starts on March 6th and ends on April 2nd, lasting 4 weeks in total. The course has 4 modules, which assume self-paced learning, so the course participants can complete them as soon as they like. After successful completion participants will receive 1 ECTS certificate digitally signed by the University of Tartu. The course is conducted entirely in English. It is possible to register here before March 6.

## THE PROJECT

In Europe, 80% of all chronically ill people are taken care of by informal carers, that is people (usually family members) who provide unpaid care outside of a professional or formal framework. While caring for a loved one can be a source of great personal satisfaction, however it might also create challenges because of care burden, stress, fatigue and reconciliation issues. Therefore, a functional relationship among caregivers and care recipient needs to be supported. Furthermore, people belonging to different age groups and with different kinships to the care-recipient (young/adult children, grandchildren, spouses) can have different experiences and perspective on the burden of care, so it is necessary to take all of them into account in order to be able to provide comprehensive and effective support. The Erasmus+ funded "SINCALA - INFORMAL CARERS: A WHOLE-FAMILY & LIFECOURSE APPROACH" programme will tackle these challenges by providing an intervention programme based on therapeutic narrative that can be used by professionals working with family carers to support them build resilience to maintain capacity to care.

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# WHAT'S NEXT?

The SINCALA partnership is now working on developing the fourth and last outcome of the project, an educational multi-language platform targeting informal carers to support them in their caring role.

To be updated on our progresses visit: <https://sincala.eu/>

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## THE PARTNERSHIP

The educational programme consists of a partnership between non-governmental organisations namely:

- Women's Support and Information Centre (Estonia), coordinator of the consortium, together with
- The University of Tartu (Estonia)
- Union of Women Associations of Heraklion Greece)
- Alzheimer Hellas (Greece)
- Anziani e non solo (Italy)
- CASO50+ Centro de Atendimento e Servicos 50+, Associacao (Portugal)
- Spominčica - Alzheimer Slovenija (Slovenia).



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