



# Newsletter

N.3 | April 2023

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

## LAST PROJECT MEETING IN MODENA (ITALY)

In May 2021 the whole partnership, under the leadership of Alzheimer Hellas, has been involved in a three-days training session aimed to transfer knowledge and skills to implement in all countries the narration-based workshops for informal carers originally developed in Greece.

Alzheimer Hellas, developed a set of guidelines combining the experience gained by implementing similar workshops within the organization but also taking into account the results of **"Tell me about you"** report of family members' needs and experiences of caring role developed in the framework of the previous SINCALA project. Indeed, the Caregivers Unit of Greek Association of Alzheimer's Disease and Related Disorders (Alzheimer Hellas) in Thessaloniki, Greece developed a support group using poetry and literature as stimuli and narration and expressive writing as creative tools to help families of people with dementia to express their thoughts, feelings and experiences and make sense of their situation. Caregivers use literature and poetry to exchange thoughts and experiences, to answer some of their questions about dementia and caregiving and in the end have a new point of view concerning their role.

The model is also based on previous studies showing that the use of poetry reading and written emotional expression can have psychological benefits for caregivers (Kidd et al, 2011; Swinnen, 2014; Butcher et al, 2016).

During the training, facilitators from partners' organizations were trained to the application and adaptation of this model, but were also offered the opportunity to test on themselves the feelings and the experience connected with it. All participants were enthusiastic about the approach and shared that they were looking forward to implement it at national level.

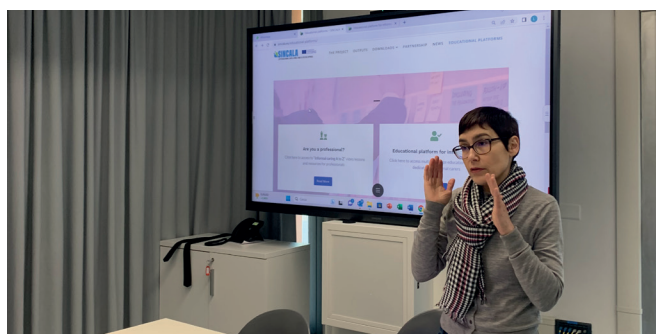


Following to that, a session was dedicated to the evaluation results of the piloting of the MOOC. Anastasiia Turusinova, from the University of Tartu, leader of IO3, went through the feedback collected among participants to the e-learning course for professionals. Feedbacks were all very positive, with learners longing for more training opportunities in the same field.



The most recently developed result is Intellectual Output 4, an online educational platform for informal carers, providing information about how to deal with emotions related with caring role and how to access support services available at local level. Licia Boccaletti from ANS illustrated the platform and the results of the on-going evaluation activity, showing so far very positive feedbacks from pilot users. Licia also provided updates on dissemination activities which allowed partners to reach over 5.000 users across Europe who are now aware of SINCALA results and can incorporate them in their activities.

Since the project is coming to an end, the partnership decided to dedicate a session to discuss about the impact it had on users, professionals and organizations involved and at systemic level. A workshop was conducted by David Krivec, from Spominčica and it allowed partners to reflect together and understand the strengths of SINCALA upon which it will be possible to build to develop new project proposals for the upcoming calls.



## WHAT'S NEXT?

Multiplier events are now going to take place in all partner countries. To learn more check <https://sincala.eu/> or contact the SINCALA partner from your country.

### Consortium

- Women's Support and Information Centre (Estonia),
- 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).