

MEET - Towards More Engaged and Inclusive European Towns

ACTION PLAN

Date:	September 2018
Version:	Final
Responsible Partner:	Vigonovo and Niepolomice Municipality
Availability:	Public



Cofinanziato dal
programma dell'Unione
europea "Europa per i
cittadini"



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INTRODUCTION

Presentation of Vigovono Municipality

Social care and inclusion for the disabled and elders are priorities for Vigovono Municipality, as well as democratic participation. Indeed, Vigovono delegated the management of social services dedicated to those targets to some local associations.

Citizens, in this way, are actually active part of the community, they propose solutions and practically support the local Social Services. The goal is to diminish the distance between citizen and institution, having in mind that we are all part of the community.

While the Social Services work in a wide range of contexts, such as: “first childhood”, “the elder, disability and non self-sufficiency”, “income support”, there are several local associations that give their daily aid to sustain these categories.

Almost all the associations of Vigovono that work with and support the local social services accepted the invitation to participate and get involved in the MEET project – Toward More Engaged and Inclusive European Towns. They are:

- MANI IN TERRA.

Its mission is to help kids with disabilities to find a social practical inclusion, such as a working activity. In fact, they are growing a big vegetable garden in Vigovono, assisted by a Professional Educator who sustains them in their awareness path of growth.





Moreover, this association is at present running the local civic centre that has been, thus, re-shaped. In fact, if it was a civic centre just for elder in the past, now it welcomes and receives also children and kids after school and there are many parties at Fridays nights for the young. On Monday mornings the kids of Mani in Terra keep the bar open and offer breakfast to the citizens who usually go to the local market.

- RINDOLA

It takes care of senior citizens with early cognitive impairment, from the neurological and psychological points of view.

Its main activity consists in two meeting per week at the local centre Argentovivo, where the patients can train their memory skills. There are also monthly mutual support meetings with the patients' relatives.

- FAMIGLIA E ABILITA'

It deals with children with disabilities.

It undertakes initiatives to integrate children with disabilities with healthy people.

It organizes many activities for disabled children.

- FREQUENZE VISIVE

It deals with Arts, mainly photography, music and multi-media Arts.

It organizes many initiatives, workshops, exhibitions also on showing aspects of the frailer protagonists of society (the elder, children, etc.)

- MERAVIGLIOSAMENTE

Run by a pool of Psychologists, it deals with all categories of children. It takes care of pre-school and after -school welcoming when the parents are at a work.

It organizes linguistic after-school for foreign children. It manages spaces for children with special needs.

Lastly, it undertakes many initiatives and workshops for parents.

- RETI DI FAMIGLIE

Composed by volunteers and organized by a Professional Educator and Psychologist, this group of citizens take care of children who are living temporarily moments of difficulty in their families, offering a practical help in their daily lives.





Presentation of Niepolomice Municipality

Niepolomice commune is known for its innovative approach to public services. The Strategy for the development of social policy of the Niepolomice Commune states: "Niepolomice commune aims to build a functional community, an active, self-organizing society capable of solving problems. Thanks to the cooperation, residents of the municipality have the opportunity to systematically diagnose and solve social problems and to effectively help those residents and families in a difficult life situation."

Four domains have been designated:

Domain 1. An integrated and effective policy of Niepolomice Commune in the field of counteracting social exclusion.

Domain 2. Security in the individual, public, health and environmental dimensions.

Domain 3. Creation of conditions for cultural, educational and civic development in Niepolomice that is conducive to counteracting and solving social problems.

Domain 4. Integrated system of planning and management of social policy in Niepolomice Commune.

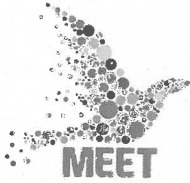
There are 70 non-governmental organizations, associations, foundations and sports clubs in the commune. They deal with various issues, including: sport, social assistance, education, culture, people with disabilities.

In 2016 the commune allocated PLN 2,7 mln to subsidies for associations, in 2017 - PLN 2,8 mn PLN and in 2018 - PLN 3,0 mn.

Several of the associations accepted the invitation to participate in the Meet project - Building More Engaged and integrated European Towns. These are:

- STOWARZYSZENIE POMOC BLIŹNIEMU (literal translation: Relief Aid Association)





Its mission is to help people overcome the difficulties of everyday life. It covers a wide range of topics and activities. The association manages:

- Social Welfare Home for elders,
- Daily Care House - Retro Club for elders,
- Support Center for seniors in Integration with the youth

- **DOM PEŁEN KULTURY W STANIĄTKACH (Community Center in Staniątki)**
Run by an associations. It opens its door to all those who want to take advantage of the offer of classes, want to propose and run workshops, have ideas for interesting activities and events or just want to sit down and have a coffee or tea with us.
- **STOWARZYSZENIE RODZIN I PRZYJACIÓŁ DZIECI NIEPEŁNOSPRAWNYCH DZIECIĘCE MARZENIA (literal translation: Association of Families and Friends of Disabled Children "Childhood Dreams")**
It organizes rehabilitation classes (hippotherapy, rehabilitation and massages); training and rehabilitation courses, meetings, trips, camps, games and sports competitions; it undertakes initiatives to integrate disabled people with healthy people.
- **LABORATORIUM AKTYWNOŚCI SPOŁECZNEJ OPEN SPACE (literal translation: Social Activity Laboratory Open Space)**
A place created as a space, free of charge, where people working in organizations and as well informal groups to organize meetings, workshops, exhibitions etc.
- **STOWARZYSZENIE KULTURY FIZYCZNEJ PUSZYSTYCH (literal translation: Association of Physical Activity of Curvy People)**
It organizes classes of aerobic, aqua aerobic, nordic walking; walking and cycling excursions. Its aims is to integrate people, seniors, adults and youngsters, who want to spend time actively.
- **AKADEMIA SIATKÓWKI NIEPOŁOMICE (Volleyball Academy Niepolomice)**





It organizes classes for learning and improvement of techniques and tactics of volleyball. Youth and senior teams. It organizes league, social and family tournaments as well as sport camps.

- **MIEJSKI CHÓR CANTATA**

Municipal choir. It gathers people who want to spend time together, united in the passion of singing.

ACTION PLAN

Action 1: Digital Seniors

TARGET

Older persons, above the age of 60 years

PURPOSE

Nowadays, when the use of digital technologies and smart devices is becoming more and more common, older people may feel a bit lost. Many of them would like to keep up, according to their abilities, with the times, but they do not know how to deal with it, they do not have anyone to help them acquire new skills.

The aim of the project will be to get help of young people as volunteers to pass on the abovementioned skills to representatives of the older generation. In this way, seniors will not only get used to the latest technologies, but will also have the opportunity to meet and cooperate with young people. We hope that these meetings will have an integrating character.





DESCRIPTION

The project assumes the organization of classes on new technologies and smart devices for the elderly. The basis for the meetings will be Centers of support for seniors in integration with youth, which operate in three places in the commune.

Trainings will take place twice a week for two months. They will be combined with social and integration meetings, and the training will take place in an informal, friendly atmosphere.

A group of 30 people will be selected for the project, 10 in each place, which will ensure the intimate nature of the meetings. Each of these persons will get help from one of 30 volunteers.

The content of the training will be tailored to the needs of individual participants, for example learning how to use text messengers, e.g. Facebook Messenger and Whatsapp, video calls applications like Skype or Duo, but also Instagram.

ACTIVITIES

- Organization of workshops on new technologies and applications.
- Acquiring volunteers to help seniors to learn.
- Organization of friendly meeting to integrate the elderly with the young people.

EXPECTED RESULTS

- Acquisition of new skills by older people who until now could feel excluded in terms of using the latest digital technologies.
- Integration of seniors with young people, thanks to joint meetings.
- Raising the level of self-esteem among young people, thanks to their participation in teaching someone useful skills.

POTENTIAL PARTNERS

- Ośrodek Wsparcia Seniorów w integracji z młodzieżą (Stowarzyszenie Pomoc Bliźniemu) [literal translation: Support Center for Seniors in integration with the Youth (Relief Aid Association)]
- Stowarzyszenie Kultury Fizycznej Puszystych [literal translation: Association of Physical Activities for Curvy People]





- Laboratorio Aktywności Społecznej OpenSpace [literal translation: Social Activities Laboratory OpenSpace]
- Associations of Vigonovo (Rindola, Meravigliosamente, Famiglia e Abilità, Frequenze Visive)

DURATION

2 months

ECONOMIC SUSTAINABILITY

- Niepołomice Commune





Action 2: Integration Cafe

TARGET

Elderly people – beneficiaries of the Social Welfare Home and Daily Care House in Staniątki.

PURPOSE

Integration of elderly people living in the Social Welfare Home and participation in activities at the Daily Care House in Staniątki. Older people who for various reasons move to a 24-hour home are dependent on the company of peers and visits of family members (if they still have one). To avoid, or at least slow down the problem of the feeling of loneliness that can appear and isolation from the outside world, an integration cafe will be opened. It will be open to seniors and also be available to outsiders - such contacts will make seniors still feel part of the community.

DESCRIPTION

Opening on weekends (Saturday, Sunday) in the summer months an integration cafe at the Social Welfare Home in Staniątki. It would open its doors both to the charges of the house of the center, as well as people from outside, which would give seniors the feeling of participating in social life and allow to weaken the growing sense of isolation or even loneliness.

Operation of the cafe would be complemented by organization of various activities, such as relaxation exercises, gymnastics and nordic walking for those who would be willing to participate in such activities. A concert by a municipal choirs could also be organized on one or two special occasions.

In addition to the participation of representatives of non-governmental associations, volunteers will also have a role to play in this project.

ACTIVITIES

- Opening of a integration café
- Organization of leisure time activities (light gymnastics, nordic walking etc.)
- Organization of concert of the municipal choir.

EXPECTED RESULTS

- Socialization of the elderly, charges of the house.
- Integration of older people with members of the local community.



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- Opening a place to spend free time in a friendly, relaxed atmosphere.
- Giving seniors a sense of belonging to the community.
- Slowing down the process of isolation and loneliness in older people.

POTENTIAL PARTNERS

- Stowarzyszenie Pomoc Bliźniemu [literal translation: Relief Aid Association]
- Dom Pełen Kultury w Staniątkach [lit. translation: House Full of Culture in Staniątki]
- Dom Dziennego Pobytu - Klub Retro [lit. translation: Daily Care House - Retro Club]
- Miejski Chór Cantata [lit. translation: Municipal Choir Cantata]
- Stowarzyszenie Kultury Fizycznej Puszystych [lit. translation: Association of Physical Activities for Curvy People]
- Associations of Vigonovo (Rindola, Meravigliosamente, Famiglia e Abilità, Frequenze Visive, Mani in Terra, Famiglia e abilità)
- Sponsors

DURATION

2 months

ECONOMIC SUSTAINABILITY

- Niepołomice Commune
- Association Pomoc Bliźniemu
- Sponsors





Action 3: After school for children with special needs

TARGET

Children with special needs and their families

PURPOSE

The purpose is to promote a system of satisfactory relations concerning those children who present some difficulties in their personal and social autonomy, so that they could feel part of a community as well as of relational contexts where their identities could be recognized and respected.

The challenge for inclusion concerning these children recalls each and any protagonist of community life (parents, teachers, pupils, operators of the social and health services) who will be actively involved.

DESCRIPTION

The project consists in opening an afternoon place " Special Needs After school" that is oriented towards children in general, but finalized in particular to the support for children with special needs and difficulties.

Through training paths for groups of pupils divided in line with their learning levels, it will be possible to work on the potentialities of any child, in order to get to a successful learning result and to allow the recovery and the strengthening of the essential basic abilities.

It is therefore planned to implement a personalized learning path that will consider any cognitive resource of the children, having the aim to get to a real and positive development of them.

It will be possible to use Art Education to help the children.

The project foresees workshops with recreational activities.

ACTIVITIES

- Training of a group of volunteers that will assure the opening of the "after school" place.
- Implementation of the after school run by a specialized operator with the assistance of trained volunteers.



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- Friendly meetings for the families that attend the after school place

EXPECTED RESULTS

- Activation of the "After school" project open every afternoon from Monday to Friday
- Involvement of 15 families and , therefore, afternoon support for about 20 children, if planned also the presence of siblings
- Realization of three friendly encounters for the families that attend the after school place
- Workshops

POTENTIAL PARTNERS

- schools
- "Reti di Famiglie" Vigonovo.
- Ass. Famiglia e Abità
- A.P.S. "Meravigliosamente"
- Services for Developmental age of the Local Health Authority 3 Serenissima
- Associations of Niepolomice Municipality

DURATION

12 months

ECONOMIC SUSTAINABILITY

- training of the volunteers by specialized operators working in the Municipality and in the partner associations
- Shared-cost of the families through a share
- Financing with municipal support finalized to the sustain and welfare of children with special needs





Action 4: Community Friendly – Senior citizens with special needs

The project we would like to propose has as main target the social integration of older people suffering from mild-moderate degree of dementia in community life. We are willing to activate a social change that could make the receiving community responsible and open towards people affected by cognitive impairment, in order to get a life quality and wellbeing into normal.

PURPOSE

- Lowering the barriers that allow people with dementia to carry out the daily activities of life within the community, through the dissemination of knowledge and awareness about degenerative illness matters.

DESCRIPTION

- Cognitive impairment is a growing observable fact that affects in a traumatic and upsetting way the patient's relatives and friends.
- The families of people suffering from dementia have to bear serious psychological burdens.
- Through formative paths focused on dementia matters oriented towards particular categories of persons who live daily life community towards the volunteer operators of the associations that deal with activities for the third age, we want to favour the active involvement of the overall community to get to an enhancement of the social community value and a strengthening of a net of local net of bodies (both public and private).
- We will use the universal language of Arts to promote and to raise awareness; in fact, by means of photography it will be possible to express and show the "daily obstacles" of life that people suffering from early cognitive impairment have to experience, this stuff will be the basis upon which the formative paths will be though, designed and planned.

ACTIVITIES



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- Photo exhibitions
- Formative paths oriented towards persons of the community who carry out public/administrative tasks and towards the volunteer operators of the associations that deal with activities for the third age upon dementia matters, starting from the photographic material of the exhibition

EXPECTED RESULTS

- Organization of a structured path of cognitive stimulation within the already existent centre IN.TE.S.E: (it's a centre that works with patients suffering from dementia run by the Municipality of Vigonovo) through the use of the mediation of photography for the realization of the pictures that are going to be the basis of the exhibition
- Achievement of the photo exhibition open to the citizens with at least 30 pictures from which we expect the visit of at least 100 people
- Realization of at least two formative paths, one addressed towards the categories that carry out public services and the other one oriented towards the volunteers of the associations, through a training path that will use the photographic material realized for the exhibition.

POTENTIAL PARTNERS

- Association Rindola of Vicenza
- A.P.S. Mani in Terra
- AVIS
- Cultural Association Frequenze Visive
- Vigonovo.com
- Specialist geriatrists of the Local Health Authority 3 Serenissima
- Associations of Niepolomice Municipality

DURATION

- 12 months

ECONOMIC SUSTAINABILITY

- Fundraising with the photo exhibition



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- Financing with municipal support finalized to support active citizenship
- training/formative paths organized by the Specialists that take care of daily-life cognitive impairment

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