



## Lonely? Let's unite! News!

euPrevent PROFILE | October 2022

PROFILE (Prevention of Loneliness in older people in the Euregio) actively involves stakeholders and network partners. And Profile was picked up by international policymakers.

The various activities and products of the euPrevent PROFILE project (Prevention of loneliness among the elderly in the Euregio) are increasingly taking shape. The project team carefully coordinates the activities together with the network partners. We are convinced that this is important in order ensure that various activities are closely linked to the issue and effectively reduce loneliness. For this coordination, network meetings have been organized in the 4 regions. During these meetings, our network partners also shared their examples and experiences.

**Would you like to know more about the euPrevent PROFILE project?  
Then check out [our website](#).**

### In this newsletter we want to tell you about:

- The Stakeholder meetings
- The Meetings with our Associated Partners on the Walloon side and in Germany
- The Citizen summit in Düren and training in Herzogenrath
- Some Good practices

### And other news:

- Our project was picked up by the WHO International, resulting in a news item spread by them. Of course, we of euPrevent knew of it already as they contacted us to ask permission. A big achievement because the project is now accessible and spread worldwide! They put it on their website. See [here](#).
- Our project coordinator Marja Veenstra had the opportunity to bring the results of our work into a discussion with the Federal Minister for Family Affairs, Lisa Paus, and many other international experts. We invite you to get an impression of the conference and our contribution to the panel discussion [here](#).

## Stakeholdermeetings: how to share experiences and exchange developments

### Stakeholdermeeting for Belgian Limburg & South Limburg

Project partners of the regions Belgian Limburg and South-Limburg (NL) organized two stakeholder meetings. The first meeting took place online the second meeting was in person.



On Thursday evening, June 23, the euPrevent PROFILE network partners from the regions of South Limburg (NL) and Belgian Limburg met each other. After the reception and a joint snack, everyone was welcomed by Frans Verhey and Marja Veenstra. Afterwards, the in-depth workshops about the various activities of euPrevent PROFILE started. The input, wishes and experience of the participants were very valuable. Many inspiring ideas from the practice of the participants were exchanged and contacts were made for further acquaintance.

We therefore look back on a beautiful and valuable meeting with involved participants. **Read more about how these workshops went.**

### Outcome of the network meeting

Together with network partners from the regions of South Limburg and Belgian Limburg, we discussed our plans and exchanged ideas during the workshops:

#### 1. Online overview of best practices

When is an activity a best practice that contributes to the prevention of loneliness?

Together we looked for criteria for good practice examples, so that the selected 'online best practices' will meet the expectations of the professionals.

[Read more](#)

#### 2. Guideline intergenerational exchange and Citizen summit old - young

This workshop focused on the development of a guideline for promoting intergenerational exchange and the intergenerational citizen summit. After a further introduction, participants talked about their experiences with intergenerational exchange.

[Read more](#)

#### 3. Training on loneliness for professionals and volunteers

In 2023 we will have a training on loneliness for professionals and volunteers. The preparation includes a survey into the wishes of the practice. This has been done in spring 2022. We discussed experiences with existing trainings and the use of the trainings to be developed. All attendees were able to explain their involvement in various projects. This was a valuable exchange.

[Read more](#)

#### 4. Starlight theatre package

In a small but enthusiastic group we looked at the contents of the Starlight theater package. In addition to a script and accompanying film, we also provided tips on how to link a preliminary preparation of the audience to it and how to hold a debriefing with the audience after the play. We were pleasantly surprised by the positive reactions of the attendees.

[Read more](#)

#### 5. Guideline for professionals

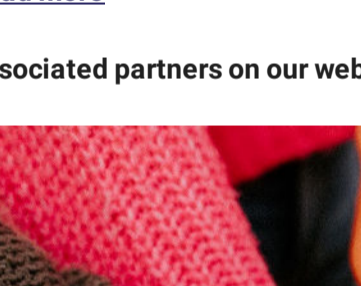
We have talked about experiences with the use of a guideline in practice and what a guideline or handbook should meet. The existing guidelines are hardly used in practice.

[Read more](#)

## Meetings with the associated partners on the Walloon side and in Germany

We are happy to have a large number of associated partners from the EMR who support the PROFILE project with their expertise and network. We met with our partners and discussed the current status of the project.

### Meetings on the Walloon side



In June 2022, the Walloon associated partners met in Liège and Verviers. The objective of these meetings? To present the progress of the project achievements and to exchange on the expectations, needs and experiences of each one.

[Read more](#)

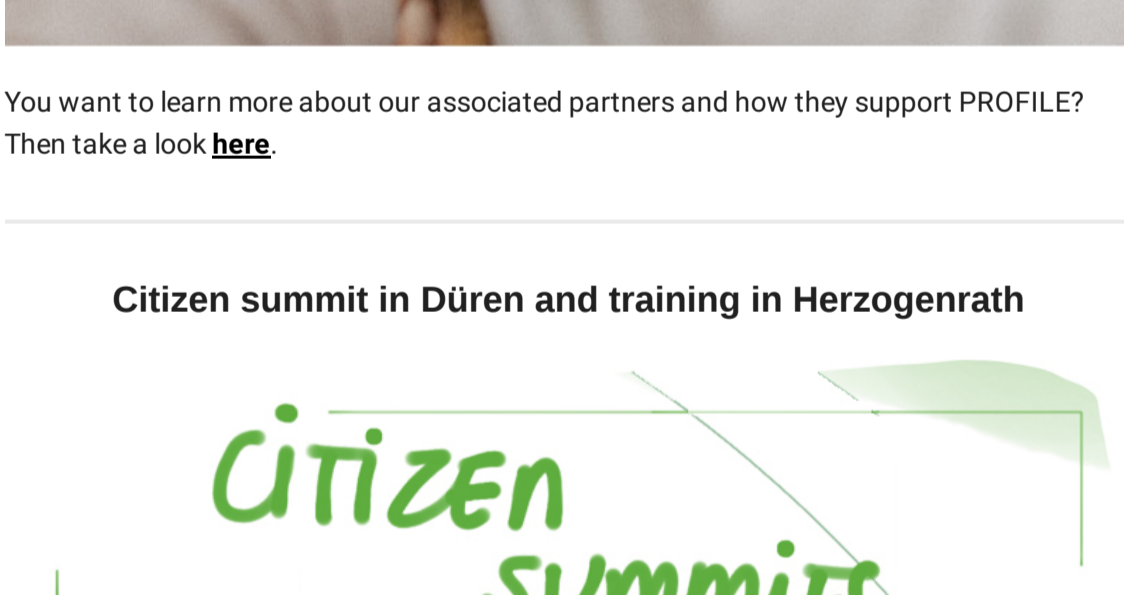
### Meeting in Germany

Cooperation between BAGSO and four associated and regional partners in the EMR

The cooperation between BAGSO and representatives from 4 partner organisations in the EMR started with a digital meeting on 16 December 2021: The Aachen city region, the Düren district, the Maltesers in the Aachen diocese and the Aachen/Eifel regional office for older age, care and dementia.

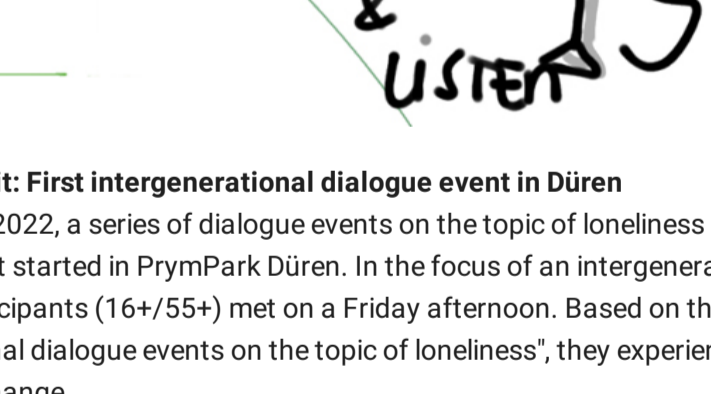
[Read more](#)

### Associated partners on our website



You want to learn more about our associated partners and how they support PROFILE? Then take a look [here](#).

## Citizen summit in Düren and training in Herzogenrath

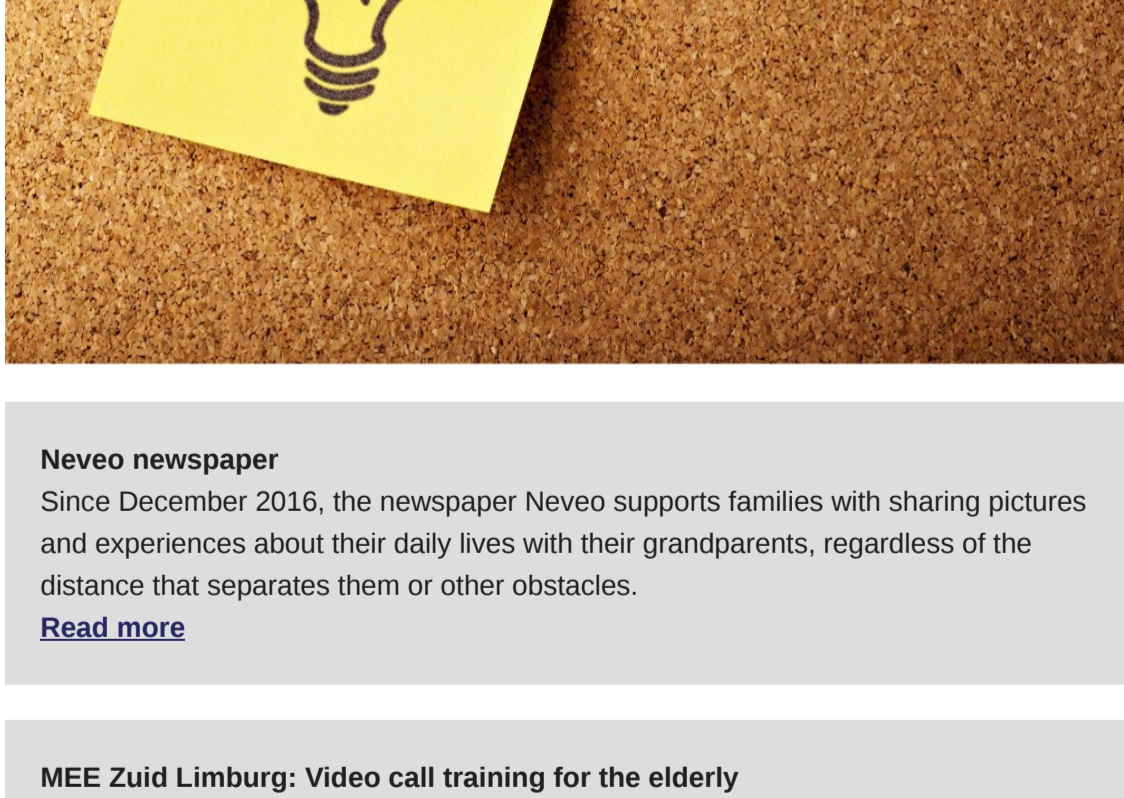


### Citizens' summit: First intergenerational dialogue event in Düren

On 10th. June 2022, a series of dialogue events on the topic of loneliness in the euPrevent PROFILE project started in PrymPark Düren. In the focus of an intergenerational housing project, 17 participants (16+/55+) met on a Friday afternoon. Based on the concept "Intergenerational dialogue events on the topic of loneliness", they experienced a 4.5-hour moderated exchange.

[Read more](#)

## Sharing is caring: good practices to tackle loneliness in older people



### Neveo newspaper

Since December 2016, the newspaper Neveo supports families with sharing pictures and experiences about their daily lives with their grandparents, regardless of the distance that separates them or other obstacles.

[Read more](#)

### MEE Zuid Limburg: Video call training for the elderly

During the pandemic, the MEE Zuid Limburg started training courses for elderly on how to make video calls. The MEE Zuid Limburg recognizes a high demand in these trainings among the elderly.

[Read more](#)

### Hasselts Dialect at school

The 'Dialect at school' project of the city of Hasselt and the Senior Citizens' Advisory Council stimulates intergenerational exchange between grandparents and their children in class.

[Read more](#)

### "Together instead of lonely"

According to the idea "together instead of being lonely", volunteers in Würselen are involved in the new projects "Good on foot" and "Morning gathering" for senior citizens. These projects, in which the aspect of "being together" is the core theme, were initiated by the city of Würselen.

[Read more](#)

[Read more on our website](#)

**Would you like to contribute to the euPrevent PROFILE project? Or maybe you have a good practice you would like to share?**

**Then be sure to let us know via: [communication@euprevent.eu](mailto:communication@euprevent.eu)**